

HEALTH AND WELLBEING DELIVERY BOARDS ASSURANCE UPDATE

Report of the Chief Executive of Together for Children, Executive Director of Health, Housing and Communities and Director of Adult Services & Chief Operating Officer of SCAS

1.0 Purpose of the Report

1.1 The purpose of the report is to:

- i. provide the Health and Wellbeing Board with assurance that the work of the Delivery Boards is progressing in line with their agreed terms of reference;
- ii. provide a summary of key points discussed at their recent meetings;
- iii. acknowledge for public record the Board development sessions that are taking place; and
- iv. update on the allocation of Healthy City Plan Grant funding.

2.0 Background

2.1 The Health and Wellbeing Board has three delivery boards to provide strategic oversight of the six Marmot objectives and the nine Healthy City Plan workstreams. The delivery boards provide challenge and support across partnership activity in order to reduce health inequalities and address the social determinants of health.

2.2 To enable the Health and Wellbeing Board to fulfil its role as system leader for health and wellbeing, the delivery boards will need to be assured that activity being delivered across the three themes of the City Plan (Healthy, Vibrant and Dynamic Smart City) are maximising opportunities to reduce health inequalities and address the social determinants of health.

2.3 All three delivery boards are meeting on a quarterly basis, with the last meetings being held in November 2022. The delivery boards will hold additional workshops and development sessions subject to their business needs.

3.0 Update from the Starting Well Delivery Board – met 10 November 2022

3.1 Family Hubs

The city has now received its Family Hubs funding award and we are awaiting to hear about the trailblazer application, this has been submitted but delayed due to ministerial changes. Work is continuing with partners, there are lots of meetings and project groups meeting regularly. Work on the development

plan is underway and there are a lot of opportunities to help shape the content. Nominations have been requested from various services to identify Family Hub Champions. A workshop on 16 November will bring partners together, focusing on early help and the Family Hubs. Family Hubs will remain a standard agenda for the Delivery Board. A secondment from Public Health into TfC will provide dedicated support to the development of Family Hubs.

3.2 Holiday Activities and Food Programme

A report was provided on the delivery of Sunderland's Holiday Activity and Food Programme for Summer 2022. A presentation summarised the activities which have taken place, the benefits of the programme, what worked well and what didn't, and the delivery plans for Winter 2022. There are concerns about the increased cost of opening premises, particularly for the Winter programme, plus reduced capacity from providers not delivering over the Christmas period. Discussion took place regarding the potential links to the warm spaces and cost of living crisis work that the Council is leading on, as there could be opportunities to align services.

3.3 Health City Plan Performance Report

See separate agenda item.

3.4 Food insecurity in families with infants under 12 months

The Delivery Board discussed how an increasing number of families are experiencing food insecurity. Infants under the age of six months should only receive breast milk or infant formula as their sole source of nutrition, after which foods can be introduced alongside this. Regionally health visiting services have identified examples of families diluting infant formula to make it last longer and a greater number of families are using hungry baby formula (this is harder for babies to digest). There is also concern that an increasing number of babies will start to be weaned off infant milk and introduced to food and other milk sources earlier than they should be due to cost, which can be harmful to their health. Work is underway in Sunderland to establish an integrated pathway of support across the local authority and health services and to understand cost implications. It is anticipated this will primarily be a 'cash first approach' to support families in crisis, alongside encouraging and supporting breastfeeding and ensuring those eligible for Healthy Start access the scheme, which will partly contribute to covering the cost of infant formula. (Note: this issue is discussed further in the Cost of Living Crisis report).

3.5 Super Babies Campaign

An update was provided on the campaign launched on 8 November around alcohol and raising awareness of the dangers of drinking alcohol during pregnancy and giving babies the best start in life. The main campaign is being funded through the ICS (as part of the Public Health Prevention in Maternity programme), with some additional funding through the substance misuse grant for the city. The campaign will run for 2.5 months and is a social

digital campaign with the strapline 'Be your baby's hero and keep alcohol at zero'.

3.6 Post-natal contraception

A fixed-term post within the Sexual Health Service is currently being scoped to ensure timely access to post-natal contraception prior to discharge from hospital (where possible) and to upskill midwifery staff to provide this in the future, which would ensure the service offer through maternity is working to national guidance. It is the intention to seek funding for this fixed term provision from the Healthy City Plan Grant.

3.7 Draft Alcohol Strategy

See Living Well Delivery Board update. The Starting Well Delivery Board was invited to provide comments and feedback on the draft strategy.

3.8 Core20PLUS5 children and young people

This is a national NHS England approach to inform action to reduce healthcare inequalities at both national and system level will be launched in December.

3.9 Forward plan

The Delivery Board has a detailed forward plan. Family Hubs are a standard agenda item. Warm spaces and young people's mental health were added to the forward plan for 2023. The Delivery Board plans to meet with the Sunderland Youth Council next year.

3.10 Key issues

The Delivery Board remains focused on Covid recovery, as well as a number of cross-cutting issues that affect considerable numbers of children and young people including poverty, alcohol and substance misuse harms.

A children and young people's JSNA is under development, it should assess current and future needs and inform future commissioning. From this work it is hoped the Board will have a greater understanding of what it is like to be a child or young person in Sunderland and how services can support their needs.

4.0 Update from the Living Well Delivery Board – met 16 November 2022

4.1 Draft Alcohol Strategy

The draft strategy is an ambitious strategy to address the challenges the city faces with regards to alcohol harms in a holistic manner. It has been shared with the three Delivery Boards. There is a recognition that alcohol is a complex issue within the city that causes significant harm to our communities.

The presentation included an outline of the key issues, the consultation that has taken place and details on the three strategy objectives. The three objectives are: (1) prevention and early intervention; (2) providing specialist interventions to promote a quality treatment and recovery system; and (3) protecting children, young people and families from alcohol related harm.

Partners acknowledged the importance of the strategy and were supportive of upcoming consultation with the Safer Sunderland Partnership where there would be opportunity to discuss whether there were additional community safety considerations. In addition, the lead officer will explore whether the links with Primary Care providers can be further strengthened.

Feedback on the draft strategy is sought by the end of November. The strategy will be seeking ratification from the Living Well Delivery Board in February prior to being presented to the HWB for final approval in March 2023.

4.2 A systemwide approach to improving health and reducing health inequalities

A comprehensive report and presentation provided a progress update on:

- The Integrated Care Board / ICS Roadmap, including an overview of the draft Integrated Care Strategy and the Fairer Health outcomes.
- The HWB four health inequality priorities, these being: better understanding our population; Asset Based Community Development; economic activity, skills, aspirations and community wealth; and Health in All Policies.
- The work of the NHS tackling health inequalities at place, including Core20Plus5.

The desire is to develop a more systematic way to bring together the distinct work programmes that are being delivered across the wider system to address health inequalities. The Inequalities Delivery Group and South Tyneside and Sunderland Healthcare Inequalities Working Group will consider the Population Intervention Triangle as a framework for action to reduce health inequalities, taking into account the four HWB health inequality priorities, the Core20Plus5 framework, the NHS Planning Guidance, the draft ICB Strategy and the Health Inequalities PCN Direct Enhanced Services (DES) work in Primary Care.

The Delivery Board were advised of the HWB Development Sessions in November and December. The hope is that the development sessions will help us develop our collective thinking on how we need to respond to health inequalities, both at place and as a wider system.

There was recognition from the Delivery Board that health inequalities are complex, no one person knows everything that's happening, and that we want to try and avoid duplication and maximise a whole range of opportunities to make a difference. There was acknowledgement that when we try to improve

health related metrics the inequality can often widen for some groups. Going forward it would be helpful to have a common and flexible understanding of what success looks like and explore whether we can develop an agreed method of measuring impact that takes into account equity.

The councils emerging Integrated Impact Assessment tool should help to ensure the wider impacts of activity are understood, and opportunities maximised. The tool will be shared at the next meeting.

The role out of 'Making Every Contact Count' training for all stakeholders provides an opportunity for people to understand the role that they play in reducing health inequalities.

4.3 Healthy City Plan (HCP) Grant proposals

The Delivery Board considered requests for Healthy City Plan Grant. See section 7 of this report. The requests for funding were supported by the Delivery Board.

4.4 Healthy City Plan Performance report

See separate agenda item.

4.5 Update on the Housing and Homelessness Strategy and supporting Health Needs Assessment.

The strategy consultation started mid-October and closes 5 December 2022. The strategy will be launched in April 2023. An Integrated Impact Assessment of the emerging strategy identified the need for a Health Needs Assessment to understand the health needs, risk factors and support experiences for people in Sunderland affected by homelessness. Recognition that ill health can be a contributing factor to homelessness and can also be caused by it. The mean age of death for the homelessness population is much lower than the general population: 45.9 males/ 41.6 females, compared to general population 75.9 males / 80.6 females. The presentation highlighted the increased risk of some groups becoming homeless and the concern of the cost of living crisis potentially exacerbating homelessness. Next steps include surveying individuals and service providers, with the final Health Needs Assessment and recommendations prepared in January.

4.6 Forward Plan

The Delivery Board has a detailed forward plan. Proposed agenda items for the next meeting include: ratification of the Alcohol Strategy prior to seeking Health and Wellbeing Board approval; update on grant activity to support residents into work; social prescribing hub model and warm spaces; and an update on low carbon activity that supports health and wellbeing.

4.2 **Key issues**

The issues of improving health and reducing health inequalities require a partnership approach as demonstrated in ongoing delivery board discussions. The Delivery Board is keen to continue to understand how we can all help to mitigate the impact of the cost of living crisis and how we can take equitable approaches to delivering our services to ensure we strive to reduce health inequalities.

5.0 **Update from the Ageing Well Delivery Board – met 15 November 2022**

5.1 **Homeshare UK**

The Ageing Well Delivery Board received a presentation from Homeshare UK. Homeshare enables two people to share a home for mutual benefit. Typically, an older person living in their own home with a room to spare will be carefully matched with a younger person who will provide an agreed amount of support in exchange for good quality affordable accommodation. The presentation set out how the initiative works including what a tailored agreement may include, and the benefits of the scheme to the householder, homesharer and wider community. Discussion included safeguarding considerations; ensuring neither party are financially disadvantaged (e.g. impact on single occupancy Council Tax rate); and the support available to help the homesharer move on when the householder no longer resides in the property. Homeshare UK have been given a grant to deliver the programme in the North-East.

5.2 **UK Network Conference**

The main take-away from the conference for the Delivery Board was to consider skills and opportunities in older age, and not solely focus on health, but to consider their wider wellbeing and older people as assets.

5.3 **Ageing well communications campaigns**

Cost of Living communications are looking beyond financial wellbeing and are taking a more holistic approach to include health, wellbeing and skills, for example. The proposed Ageing Well Sunderland Reporters (Healthy City Plan Grant application – section 7) will play a key role in future communications campaigns. Warm spaces are being promoted along with other campaigns such as Talk Money Week, Real Living Wage and The Bread and Butter Thing. Consideration is being given to longer term actions and how we need to be mindful about the Cost of Living in wider communications strategies.

5.4 **Warm Spaces**

The Delivery Board heard about the work to put in place warm spaces across the city. There are 55 at present and this will be extended. A Warm Spaces Charter has been signed by all warm space providers, the ethos being to provide a safe and friendly environment where people will be welcomed. The opening times will be changing to include weekends to respond to local need.

A range of information is being distributed to the warm spaces and partners are being encouraged to connect with the warm spaces to enable access to other services from the warm spaces, e.g. employment support, Christmas activities, healthy cooking, physical activity etc. The model is currently being tested and will inform the development of community hubs. Communications are being targeted to reach a wider audience. Take-up across the centres has been variable, some centres have been very busy and other centres have volunteers on stand-by wanting to help and support people. The centres with a wider offer appear to have greater footfall. Many families are wanting to access the centres on an evening. Discussion took place on how partners could help communicate the offer and how communications could be further targeted, including reaching those older people who are recognised to have a range of vulnerabilities (warmth may not be the under-lying issue for some people, but they may benefit from attending a warm space in other ways). A number of organisations have come forward to say they could also be a warm space and this is being explored.

5.5 Front door redesign of Adult Social Care

The redesign of the Adult Social Care front door was discussed with regards to how the approach will change when a customer presents to Adult Social Care and what the response should be. The redesign will build on the strength based model of three conversations (1) initial conversation to assess/triage needs (looking at having a collaborative front door with the VCS and assisted support linked to the social prescribing model); (2) if the customer has greater needs there will be a collective approach to understand how different agencies can help meet the customers' needs; (3) Adult Social Care intervention to be looked at collectively, with the approach based on supporting people to access the right support at the right time. The ethos of the redesign is a preventative approach, helping people stay independent for a longer period of time and trying to avoid reaching crisis point. Crisis support would still come through the Adult Social Care front door in the same way, seeking to support people to overcome crisis – which may be short-term support. The approach goes live early in 2023.

5.6 Healthy City Plan Performance report

See separate agenda item.

5.7 Draft Carers Strategy 2022-2027

The Delivery Board heard how the Let's Talk Carer's engagement (children and adults) has helped to shape the refreshed Carer's Strategy. Events in November. A summary of the feedback from older carers was shared with the Delivery Board, for example, as they get older what happens to the cared for person; find it difficult to get timely support; the availability of respite from caring and what this may look like; advice and information on a backdrop of often caring over 50 hours a week; how to support unknown carers; engagement with employers; and employers role in helping to identify and provide information, advice and support to carers. There are many more carers in the city than those

who are known to the Carers Centre, the Delivery Board discussed how other carers may be reached. The intention is to publish a final strategy in December.

5.8 Healthy City Plan (HCP) Grant proposals

The Delivery Board considered requests for Healthy City Plan Grant. See section 7 of this report. The requests for funding were supported by the Delivery Board.

5.9 Draft Alcohol Strategy

The Delivery Board encouraged partners to respond to the consultation and agreed to have a discussion at the next meeting on how the Delivery Board can contribute.

5.10 Forward Plan

The Delivery Board has a detailed partnership workplan. The first meeting of 2023 will review the Delivery Board priorities and consider whether there are other priorities that need to be on the Board's agenda. The Cost of Living Crisis will become a standard agenda item for the Delivery Board.

5.11 Key issues

- How we develop a strengths-based approach to many of the issues discussed, for example, reducing frailty factors, addressing digital exclusion and raising awareness of the early intervention and prevention opportunities across the city that support ageing well.
- Ensuring we use all available data to identify frailty to target support.
- Working in partnership to try and mitigate the impacts of the cost of living crisis on older people.

6.0 Health and Wellbeing Board Development Sessions

6.1 For the purposes of public record the Health and Wellbeing Board has recently arranged two development sessions:

- i. 18 November 2022 – To discuss the North East and North Cumbria Integrated Care Partnership's (ICP) Draft Integrated Care Strategy; and the Terms of Reference for the Strategic ICP and Area ICPs.
- ii. 13 December 2022 – To discuss inequalities and working with the ICB at place.

7.0 Healthy City Plan Grant

Background

- 7.1 Health and Wellbeing Board members will recall that there is £1.75m grant available to support the delivery of the Healthy City Plan. [£50k of this resource has been earmarked for behavioural insights work, health equity audits and other activity to inform the key priorities and work streams within the Healthy City Plan].
- 7.2 All proposals for the Healthy City Plan Grant must seek the support of the relevant Delivery Board prior to submitting the Application Request Form.
- 7.3 The following criteria are applied when considering approvals of proposed activity:
- activity aiming to deliver the largest sustainable gains against performance indicators set out in the Healthy City Plan;
 - activity targeted at those communities facing the highest levels of deprivation or health inequality across the city; and
 - activity targeted at population groups most impacted during the COVID-19 pandemic from a health and wellbeing perspective.
- 7.4 Activity should also support the Healthy City Plan's shared values and behaviours, these being:
- **Focusing on prevention** – helping people to stay healthy, happy and independent.
 - **Tackling health inequalities** – challenging and taking action to address the inequalities and social determinants of health.
 - **Equity** – ensuing fairness in access to services dependent on need
 - **Building on community assets** – recognising individual and community strengths that can be built upon to support good health and independence
 - **Working collaboratively** – everyone playing their part, sharing responsibility and working alongside communities and individuals.
 - **Being led by intelligence** – using data and intelligence to shape responses.

Governance

- 7.5 There is no requirement to allocate and spend monies in year, but the Delivery Boards are encouraged to bring proposals forward to their meetings. The Chair of the Health and Wellbeing Board, the Executive Director of Health, Housing and Communities and Director of Place (Sunderland) have collectively been given the delegation from the Health and Wellbeing Board to consensually agree the allocation of the grant to schemes. They will meet on a quarterly basis after each cycle of Delivery Boards to consider proposals to take-up the Healthy City Plan Grant.

- 7.6 The relevant Delivery Board will be responsible for ensuring the resource is spent in line with the agreed proposal.
- 7.7 'For information' reporting will be provided to the Health and Wellbeing Board with regards the deployment of this resource to individual activity and the outcomes achieved as a result of the grant allocation.

Grant proposals

- 7.8 The following requests for Healthy City Plan Grant have been approved, some subject to additional conditions:

Living Well Projects

Project Name	Project Summary	Amount Approved
Elemore Park	To enable the Elemore Trust to deliver the ongoing management and maintenance of the newly refurbished Elemore Park for a period of 3 years, to improve health and wellbeing outcomes for residents.	£240,000*
Physical Activity Opportunities	To support the continued delivery of multiple projects aimed at a range of target groups to increase physical activity through improved and increased pathways into physical activity and sport.	£130,000
TOTAL		£370,000

Ageing Well Projects

Project Name	Project Summary	Amount Approved
Carers Support Offer	To support a range of activities to improve the understanding of the caring role, how to identify a carer and support access to information, advice and services.	£10,000*
Sunderland Falls Prevention Programme	Extend the VCS delivered Falls Prevention Programme, Strength and Balance and Education, from January 2023 – January 2025, creating a new call for projects to allow wider coverage across the city.	Maximum £200,000*
Ageing Well Sunderland Reporters	The project will seek to develop ageing well residents from Sunderland (50+) into community reporters, who produce multimedia news reports that tackle ageism and provide peer-led support for issues that matter to them (e.g., isolation, mental health, memory).	£9,900
TOTAL		£219,900

*Funding subject to additional conditions

7.9 In addition a proposal was received from South Tyneside and Sunderland NHS Foundation Trust via the Living Well Delivery Board. Before the panel make a decision, further information has been sought.

8.0 Recommendations

8.1 The Health and Wellbeing Board is recommended to:

- i. note and comment on the summaries from the recent meetings of the delivery boards;
- ii. be assured that the work of the Delivery Boards is progressing in line with their agreed terms of reference;
- iii. acknowledge the Board development sessions that are taking place; and
- iv. note the projects that have been allocated Healthy City Plan grant.

