

## 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 Sunderland Care and Support (SCAS)**

### **1.0 Purpose of the Report**

- 1.1 The purpose of the report is to provide the Health and Wellbeing Board with:
- i. assurance that the work of the Delivery Boards is progressing in line with their agreed terms of reference;
  - ii. a summary of key points discussed at their recent meetings;
  - iii. an update on the allocation of Healthy City Plan Grant funding; and
  - iv. an update on any Board development sessions.

### **2.0 Background**

- 2.1 The Health and Wellbeing Board has three delivery boards (Starting Well, Living Well and Ageing Well) 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, 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 inequalities and address the social determinants of health.
- 2.3 The three delivery boards continue to meet on a quarterly basis, with the most recent meetings held in February 2023 for Starting Well and Living Well. On this occasion the Ageing Well Delivery Board was cancelled as a number of apologies received, as the meeting clashed with school holidays.

### **3.0 Update from the Starting Well Delivery Board – met 1 February 2024**

#### **3.1 Early years entitlements expansion and Changes to wraparound childcare**

The presentation focused on the Childcare Reforms from the Spring 2023 Budget: (1) extending early education entitlements for working parents (2) National Wraparound Childcare Programme.

The scope of (1) is incremental: From April 2024, eligible working parents of 2-year-olds will be able to claim 15 hours funded childcare per week for 38 weeks; from September 2024 eligible working parents of children from 9 months old will be able to claim 15 hours funded childcare per week for 38 weeks; and from September 2025 eligible working parents of children from 9 months old to primary school age will be able to claim 30 hours funded childcare per week for 38 weeks.

The scope of (2) will go live in September 2024. The government's ambition is that by 2026, all parents and carers of primary school-aged children, who need it, will be able to access term time childcare in the local area from 8am - 6pm, so that parents can access employment and improve labour market participation.

The Delivery Board discussed the risks and challenges of delivering the programmes. Work is taking place locally to thoroughly understand supply, demand and need throughout the authority, using ward level analysis; and increase the number of childcare providers. Key risks and mitigating actions were presented. The amount and quality of the workforce is a huge risk as settings are struggling to recruit qualified staff. In response, work continues to explore innovative ways of working to attract people to the sector with local FE providers. There are also some proposed national developments to enable and support the increase in workforce.

### 3.2 **Family Hubs** (standard agenda item)

The update highlighted the breadth of work that is happening to support the Family Hubs, all of which are now open. The fifth hub - Winnibell - in Hendon opened early January, with the full timetable starting mid-February and a launch at the end of March. The Christmas offer successfully targeted sessions for vulnerable families. Delivery is continuing to expand at "spoke sites" across the city, including Chance in Hendon, Tesco Community room in the North, and Building Blocks in Washington. Registrars are based at the Hetton Centre and Rainbow Centre Family Hubs, and will shortly be at Thorney Close. The social prescribing team are delivering from Thorney Close on a weekly basis. Welfare Rights are linked into each hub. Peer Support workers are now co-delivering health sessions within the hubs. SEND sensory room offer (0-25) in place. A universal pathway for parents with learning disabilities is being developed alongside South Tyneside. Links are being strengthened with social care, expanding the availability of Family Hub spaces for family time. Co-delivery with 0-19 service and infant feeding midwives is well embedded. Specialist Infant feeding Assessment clinics have started. Scoping has commenced on adaption of the children centre Unicef accreditation to apply to family hubs.

With regards to peri-natal mental health, GroBrain are to support infant mental health; Maternity Voices are present in the hubs; Mini Minds and Me Perinatal class and Sunderland Talking Therapies will launch end of February; and staff across the system have received Institute of Health Visiting training for fathers; and peer support for fathers has started.

'Just drop in and Just log in' parenting session has been offered for signposting of parenting support. Additional funding has been received for reducing parental conflict. Training is to be offered in the next quarter for partners to support understanding of tools to reduce parental conflict. There are twenty Parent and Carers panel members representing the five Hubs. Volunteer pathways and training developed, with 169 registered volunteers.

My Best Life digital offer launched in December 2023:

<https://www.mybestlife.org.uk/Sunderland-Family-Hubs><https://www.mybestlife.org.uk/Sunderland-Family-Hubs>. The site's main features include advertising and booking of Family Hub events, and a library of resources maintained by the Family Hubs. The main benefit from this is families being able to access immediate support and book sessions online. Free sim cards and data are offered through the Good Things Foundation for people experiencing digital poverty.

The Delivery Board was keen to explore the link between the Family Hubs and the women's health agenda, considering what it means in practice to work more closely. For example, Family Hubs videos and promotional material should be widely promoted through partners and linked to GP practices and leisure centres. Future developments include the Prevention and Early Intervention Strategy, and performance dashboard. Both will come to a future Delivery Board meeting. The Government's '[Working Together to Safeguard Children 2023](#)' guidance (published December 2023) makes reference to "family hubs being a place-based way of joining-up in the planning and delivery of family support services." The Delivery Board hopes there is continued commitment to joining up and enhancing services, ensuring all parents and carers can access the support they need when they need it.

### 3.3 ICB – Mental health transformation update

The ICB provided an update on the mental health transformation work for children and young people. The successful bid for the third wave of Mental Health Support Teams (MHST) training for Sunderland commenced in January (wave 9). The funding is also being used to recruit a specialist Speech and Language therapist to work across the MHST. The Mental Health Nurse and Occupational Therapy provision, which sits as part of the Autism Outreach Team, is being utilised to support into the MHST. The autism programme 'Understanding Myself' is being adopted by the MHST, recognising a high level of children and young people with autism have anxieties.

A pilot commenced in ten schools in October to scaffold Child and Adolescent Mental Health Services (CAMHS), Children and Young Peoples Services (CYPS) and Early Help around the MHST. The focus is on recording the presenting need of the child and how it can be best met. CYPS are establishing a teacher hotline for schools to discuss a child's needs before making a referral, ensuring there is appropriate advice and guidance on how the needs of the child can be best met. The Delivery Board acknowledged

schools could be buying in a range of therapies, and whilst NHS services are quality assured, not all counselling services will be subject to the same rigour of quality assurance.

Work on autism is taking place across the ICB. There will be a move to a “needs led” approach, including the development of local autism pathways. Sleep training will be available through Sleep Action for staff, a variety of professionals including Daisy Chain, 0-19 services and Family Hubs. The Delivery Board were keen to understand sleep needs outside of social care. The strategic approach to speech and language is under review and will link to the under 5 autism work. Education settings are being consulted. The commissioned service is under review.

The Delivery Board acknowledged the level of kinship families in the city and the importance of trauma informed practice when supporting families. Work is needed to develop appropriate pathways to support the complexity of behavioural and emotional issues of children in kinship care.

### **3.4 Community water fluoridation**

The Delivery Board heard how it is still the intention of the Department for Health and Social Care to consult on plans for a community water fluoridation scheme in the North East. This was reaffirmed by the Secretary of State, but with no confirmed date of ‘when’ – just very soon. OHID and Dental Public Health Consultants are currently undertaking lots of engagement with ICB’s and others, all of whom are very supportive. A briefing will be prepared which can then be used to support communications and consultation responses. In addition, the national Dental Strategy is awaited. The Health and Wellbeing Boards support for the proposal is reflected in the city’s Oral Health Strategy.

### **3.5 Healthy City Plan Grant –future priorities**

Discussion took place on developing a future grant application to address issues of access and inclusion, ensuring we understand and are equipped to respond to minority groups needs and preferences.

### **3.6 Forward plan**

Family Hubs are a standard agenda item. The detailed forward plan will be reviewed.

### **3.7 Key Issues**

The Delivery Board remains focused on the continuing impact of the pandemic, the cost-of-living crisis, and the number of children in poverty.

#### 4.0 Update from the Living Well Delivery Board – met 7 February 2024

4.1 This meeting of the Living Well Delivery Board was in two parts. The first part provided the opportunity to review and reflect on the focus and the impact of the Delivery Board to date. The second part of the meeting was ‘business as usual.’

4.2 In the **first part of the meeting** the Delivery Board reflected on its role, as set-out in the Healthy City Plan, and supporting implementation plan. The Delivery Board has assurance and influencing roles: to be assured of the work that is progressing to support the delivery of the implementation plan; and influencing the wider-determinant four (Marmot) priorities in the overarching Healthy City Plan. The Delivery Board is keen to shift the focus from assurance to influencing – creating the space to have trusted conversations on complex cross-cutting issues. In doing so, the Delivery Board is cognisant that the approach needs to be sufficiently robust to add value, and members will need to work in a way that champions the delivery of the priorities at other fora.

4.3 Next steps from the meeting include seeking the view of members who were unable to attend the session; and follow-up the conversation at the May meeting to understand 1) whether conversations on the priorities are happening elsewhere 2) the key challenges the Delivery Board needs to address, and 3) how partners can contribute.

4.4 The **second part of the meeting** discussed the following items.

#### 4.5 **Sunderland’s Prevention Concordat for Better Mental Health**

Progress that has been made regarding Sunderland’s Prevention Concordat for Better Mental Health. The Concordat is underpinned by an understanding that taking a prevention-focused approach to improving the public’s mental health has been shown to make a valuable contribution to achieving a fairer and more equitable society. The Prevention Concordat for Better Mental Health is made up of 5 domains:

- Understanding local needs and assets
- Working together
- Taking action for prevention and promotion, including reducing health inequalities
- Defining success and measuring outcomes
- Leadership and direction

The report provided a comprehensive overview of progress made against each domain. Whilst extremely positive progress has been made on delivery of the prevention concordat, it was noted that this has not been without its challenges. Business processes have delayed the progression of some work areas, for example, the suicide audit has not yet been undertaken due to vetting requirements. The ADPH Public Mental Health network was stood down in early 2023, and as such there has been a less focussed approach to public mental health at a regional scale. This has limited the ability to network with other practitioners, collaborate and share best practice. There are,

however, plans for the network to be re-established in the coming months and strong working relationships have been established on the suicide prevention agenda where the infrastructure at a regional level is in place.

The Delivery Board discussed the value of low-level triage and having wrap-around support in place for people with low-to-medium need. Links for Life would have a key role to play in helping to prevent deteriorating mental health and people reaching crisis. Partners all have a role to play, from Fire and Rescue Service 'safe and well visits' in homes, to fit notes and debt / financial wellbeing advice.

The Delivery Board was keen to understand how each partner can support the agenda, recognising that suicide prevention sits within the wider context of public mental health. It was agreed that a Task and Finish Group would be established that seeds into the emerging mental health transformation arrangements.

#### **4.6 Homeless Reduction and Sleeping Rough Strategy and action plan**

The Delivery Board was provided with an update on progress since the strategy was approved by Cabinet in March 2023. The homelessness service is a wide ranging and complex service responding to many types of cases and referrals in partnership with other services and organisations. Eight priority homelessness pathways have been established with supporting working groups. These priority pathways being: domestic abuse; hospital admission and discharge; hard-to-place offenders; young people 18-25; rough sleeping; duty to refer; Severe Weather Emergency Protocol (SWEP) and winter provision; and complex needs/mental health. A number of other pathways have been identified which will form part of the future work programme.

The action plan was approved by Cabinet in December 2023. It has 96 actions that cover all eight pathways and the Health Needs Assessment recommendations. It will be driven forward through 2024, with named Council leads for each action to enable a focus and momentum with partners.

From partners collectively supporting people to maintain their existing tenancies, to ensuring people who are homeless have proper access to services, the Delivery Board acknowledged how all partners have a role to play in supporting the delivery of the strategy and action plan

#### **4.7 Forward Plan**

The forward plan of work will be informed by the review outlined above. This will be discussed further at the next meeting in May 2024. Additional agenda items for the meeting include the Active Sunderland Strategy; progress update on the Sunderland Alcohol Strategy; and STSFT Population Health Strategy.

#### **4.8 Key issues**

The issues of improving health and reducing inequalities require a partnership approach and focus on the wider determinants of health, as demonstrated in ongoing Delivery Board discussions. The Delivery Board is keen to continue to understand how we can all help to take equitable approaches to delivering our services to ensure we strive to reduce inequalities.

#### **5.0 Update from the Ageing Well Delivery Board – February meeting cancelled.**

5.1 Key agenda items from this meeting will be discussed at the next meeting in May 2024.

#### **5.2 Healthy City Plan Grant Proposal**

In the absence of the meeting the proposal was circulated via e-mail for feedback.

#### **6.0 Health and Wellbeing Board Development Sessions**

6.1 For the purposes of public record no further Health and Wellbeing Board development sessions have been held since the last assurance report in December 2023.

#### **7.0 Health and Wellbeing Board Review**

7.1 Following the November 2023 development session, a meeting was held in January 2024 with the Executive Director of Health, Housing and Communities, and Director of Place to discuss next steps. The Director of Place and ICB colleagues had been unable to attend the November development session.

7.2 At the January meeting there was agreement to the four next steps discussed at the November session, these being:

1. Clarity of governance responsibilities
2. Clarity of how we engage with the public
3. Clarity of how we measure performance
4. Review of the HWB forward plan

In addition, there was agreement we should:

5. Review the Healthy City Plan, and associated Implementation Plan

The review of the Healthy City Plan would be 'light touch', with a more detailed review of progress made in the implementation plan.

7.3 With regards to a progress update, work is well under-way to map the governance across the system. Crib sheets on the role and purpose of the

Health and Wellbeing Board and Delivery Boards have been drafted (reflected in item 10 presentation) and will be shared with the Board for comment alongside Place Board and Place Committee crib sheets. Partners can refresh their Board membership for Annual Council agreement in May 2024, this is particularly encouraged where roles have changed and where attendance is low.

- 7.4 It is proposed that the LGA Advisor who facilitated the November session be invited to hold a follow-up discussion to facilitate and conclude how we engage with the public and how we measure our performance in future (i.e., progress next steps 2 and 3). It is envisaged the forward plan (next step 4) will be informed by next steps 1-3.
- 7.5 Initial discussion on potential changes to the Healthy City Plan is a separate agenda item at this meeting (item 10). Following feedback, suggested amendments to the Plan will be drafted and circulated to Board members, with the opportunity to hold further discussions based on members' feedback. Dependent on feedback, a refreshed plan will be brought to the Board at the next meeting in June or September.
- 7.6 Progress towards delivering the Healthy City Plan Implementation Plan will highlight key successes and challenges. The content of the refreshed Implementation Plan will be dependent on clarity of future governance roles and responsibilities (next step 1). It is suggested progress updates on the Implementation Plan are through the respective Delivery Boards to this Board.

## **8.0 Healthy City Plan Grant**

### Background

- 8.1 A £1.75m grant pot is 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].
- 8.2 All proposals for the Healthy City Plan Grant must seek the support of the relevant Delivery Board. Once support has been obtained proposals are put forward to the Healthy City Grant panel for consideration. Panel members have been given the delegation from the Health and Wellbeing Board to award the funding by consensual agreement. The panel comprises of the Chair of the Health and Wellbeing Board, the Executive Director of Health, Housing and Communities and Director of Place (Sunderland).

### Panel update

- 8.3 Since the last assurance update three proposals have been brought forward from the Delivery Boards for panel consideration. One project has been approved Healthy City Plan Grant - Cultural Competency Training – Together for Children (Starting Well Delivery Board); one project has been deferred pending further information – Homeless Reduction Officer for Substance Use (Living Well Delivery Board); and one project has been rejected –



Rehabilitation Therapy Assistants (Ageing Well Delivery Board). Whilst the panel were supportive of the Rehabilitation Therapy Assistants proposal, they acknowledged the service had been piloted and the proposal was seeking to mainstream, thus the Healthy City Plan Grant wasn't the appropriate funding source.

#### 8.4 Grant awarded projects

Below is an overview of all the projects that have been approved funding, some subject to additional conditions.

##### Starting Well Projects

Approved	Project Name	Project Summary	Amount Approved
February 2023	PlayZones	The design, build and activation plan of five PlayZones across the city.  The initial pilot location has been identified within Southwick ward. The remaining four locations are yet to be determined but will focus on specific wards with the intention to have a PlayZone in each locality of the city.	£200,000
February 2023	Thompson Park Interactive Play	Purchase, installation, and ongoing maintenance for five years of interactive play equipment at Thompson Park.	£55,527
September 2023	Seaburn Play Area	Towards the development of a new accessible play site at Seaburn, including play and seating equipment, safety/security measures and groundwork costs.	£50,000
September 2023	Wear Here 4 You Prevention Bus	To support the extension of the mobile prevention offer for a further 12 months.	£62,252
February 2024	Cultural Competency Training	To commission the delivery of 10 EDI training sessions to front-line practitioners across the children's partnership who were the focus of the 2023 JTAI.	£9,750
	<b>TOTAL</b>		<b>£377,529</b>

## Living Well Projects

Approved	Project Name	Project Summary	Amount Approved
November 2022	Elemore Park	To enable the Elemore Trust to deliver the ongoing management and maintenance of the newly refurbished Elemore Park for a period of three years, to improve health and wellbeing outcomes for residents.	£240,000*
November 2022	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
December 2022	Tackling Inequalities – Access to Services and Recruitment (STSFT)	<p>Project A - To identify potential inequalities in access to NHS Outpatient appointments.</p> <p>Project B - Understanding the workforce profile of the Trust and how the workforce could become more representative of the local population by understanding potential barriers/opportunities to recruitment practices.</p>	£94,000
February 2023	Cycling and Walking for Health	Active travel project aimed to reduce the barriers faced by families across Southwick and Redhill ward. Enabling access to safe cycling and walking activities/ infrastructure, improving health and wellbeing, encouraging sustainable travel, and supporting local community capacity building.	£39,000*
June 2023	Defibrillation and Community First Responders	Increase the number of public access defibrillator sites across the city and implement a Community First Responder	£90,038

		(CFR) scheme, recruiting 10 CFRs and providing training and response equipment including the provision of five falls kits. The project will also aim to raise public awareness around cardiac arrest and their role in increasing the chance of survival.	
	<b>TOTAL</b>		<b>£593,038</b>

### Ageing Well Projects

Approved	Project Name	Project Summary	Amount Approved
November 2022	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*
November 2022	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.	£200,000*
November 2022	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
	<b>TOTAL</b>		<b>£219,900</b>

\*Funding subject to additional conditions

8.5 A total of **£1,190,467** of the grant has been awarded to date. The remaining grant allocation to be awarded is **£509,533**.

- 8.6 There are a number of potential project proposals for the grant, but still opportunity for the Delivery Boards to put forward new projects that will support the delivery of the Healthy City Plan.
- 8.7 Existing projects funded through the grant provided progress updates to the Delivery Board meetings in February 2024 (see appendix A).

## **9.0 Recommendations**

- 9.1 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. support the next steps and recommendations from the Board review, including participating in a development session to clarify Board performance and public engagement;
  - iv. review organisations named members on the Board in advance of Annual Council in May;
  - v. consider potential project proposals for the remaining Healthy City Plan grant; and
  - vi. note the additional project that has been allocated Healthy City Plan grant.