

## 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; and
- iii. 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 continue to meet on a quarterly basis, with the most recent meetings held in February 2023. 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 9 February 2023

##### 3.1 Family Hubs

It has been confirmed that Sunderland is one of the 75 eligible areas that are part of the Family Hubs Network. In addition, following a competitive bidding process Sunderland is one of 14 areas that has trailblazer status, other areas in the North-East are County Durham and Northumberland.

The Family Hubs aim to improve health and education outcomes for babies, children and their families. They will bring together services for families with children aged 0 to 19 years or 25 years for those with special educational needs and disabilities (SEND).

Trailblazers will lead the way in delivering the programme, making the fastest and most ambitious improvements to services for families; and share learning and best practice with other areas, including those not receiving programme funding. Sunderland has been awarded the additional funding in year one of the programme to improve services in perinatal mental health and parent-infant relationships, infant feeding and parenting support services.

A lot of work is underway locally: creating a new family hub in the east of the city; consultation groups; building working relationships; training; and progressing the delivery plan. There is significant work to do, including delivering financial commitments within 2022/23.

Family Hubs will remain a standard agenda item for the delivery board and a more detailed discussion will be held with partners in 3-4 months to consider how the agenda is progressing.

### **3.2 Draft ICB Place Plan**

See separate agenda item. This agenda item was discussed at the three delivery boards.

Discussion at the Starting Well Delivery Board reflected on whether reference could be made to school readiness and speech and language, particularly post Covid-19; the need for early identification and diagnostic pathways; and public health prevention and maternity.

### **3.3 Sunderland Social Prescribing Model**

This agenda item was discussed at the three delivery boards.

Sunderland has agreed a place-based approach to social prescribing, enabling a more systematic response to non-clinical health needs that prevent and/or support wider aspects of care. The approach harnesses the resources at place to create new system-level capabilities that make best use of local assets. The presentation included an overview of the four workstreams (identify; standards; digital offer; and research and evaluation).

Discussion at the Starting Well Delivery Board included how the VCS can be supported to develop and grow. Specific discussion in relation to children and young people reflected on the role of children and young people in supporting the social prescribing offer, as well as what difference the social prescribing offer will make to children and young people.

### 3.4 **Draft Financial Wellbeing Strategy**

This agenda item was discussed at the three delivery boards.

The strategy is for all ages and is aligned to the Healthy City Plan. The strategy looks to both respond to the current cost-of-living crisis and seeks to build longer-term resident resilience.

Discussion at the Starting Well Delivery Board reflected on how the Cost-of-Living Crisis Project Team is working effectively with Together for Children Early Help to ensure work around Family Hubs, Community Hubs (formerly referred to as Warm Spaces), Social Prescribing and Cost-of-Living, complement rather than duplicate anything.

### 3.5 **Additional discussion items**

**Healthy City Plan (HCP) Grant proposals** – The Delivery Board considered two requests for Healthy City Plan Grant (see section 7 of this report). The requests for funding were supported by the Delivery Board.

**Joint Targeted Area Inspection (JTAI) feedback** - Partners will be invited to a partnership learning and planning session mid-March from a very comprehensive inspection.

**Maternal Mental Health Service evaluation** – a presentation provided an overview of the evaluation of the Maternal Mental Health Service (MMHS). STSFT were successful in a bid to become a fast follower site, the chosen model is to have psychology integrated within maternity services in order to offer a service to women who have had psychological difficulties. This is a service that sits alongside the perinatal service but offers a different focus around difficulties that are very specific to maternity care. The Delivery Board acknowledged the high demand for MMHS and welcomed an update on completion of the next phase of the evaluation project.

**Prevention Bus** – a report highlighted the first year of the Prevention Bus which was launched in October 2021. The bus was launched in response to feedback from children, young people, families and partners to enable preventative services to have more of a community presence and to support our partnership vision to help families at the earliest opportunity. The service has massively evolved since 2021 with the team being very visible and much wider than Together for Children – taking a partnership approach with colleagues from health and the Voluntary and Community Sector (VCS). The offer will be part of the wider Family Hub offer.

### 3.6 **Forward plan**

The Delivery Board has a detailed forward plan. Family Hubs are a standard agenda item. Future agenda items include maternity key priorities; breastfeeding initiation and UNICEF accreditation; Children and Young People's JSNA; and responding to the JTAI inspection feedback.

### **3.7 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 will 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 15 February 2023**

### **4.1 Draft ICB Place Plan**

See separate agenda item. This agenda item was discussed at the three delivery boards.

Discussion reflected on how we appropriately link this plan to the Healthy City Plan (our over-arching place based health and wellbeing strategy) – the ICB place plan is an additional place plan that we have been asked to develop by the ICB. This ICB plan needs to dovetail and become a sub-set of the Healthy City Plan.

There was reflection on the insurmountable amount of lost learning during the Covid-19 pandemic and the longer-term impact of this on health, mental wellbeing, homelessness and many other factors. It was agreed to present the plan to the business community and link with wider partners who will be able to support delivery.

### **4.2 Sunderland Social Prescribing Model**

This agenda item was discussed at the three delivery boards (see Starting Well Delivery Board update for context).

Discussion at the Living Well Delivery Board reflected on the benefits of social prescribing. From a Genu perspective there are often wider issues beyond housing that are troubling tenants and people who are really struggling financially. Tenants turning off heating in their homes leads to damp and mould with potential health implications. It was acknowledged that social prescribing shouldn't be seen as a medical alternative, but instead the model should seek to divert people from going to the GP for non-medical matters.

The Active Sunderland Board (ASB) partners can play a key role, helping to ensure physical activity is embedded in the model. There was an offer of support from the ASB to help communicate the physical activity to GPs and others. There was acknowledgement that establishing a digital platform where

all information is available in one place will help GPs and others to refer into services.

There was support for Healthy City Plan Grant being focused in developing social prescribing. Individual proposals would need to come forward to the relevant delivery board.

#### **4.3 Draft Financial Wellbeing Strategy**

This agenda item was discussed at the three delivery boards.

Discussion at the Living Well Delivery Board reflected on the need for both short and longer-term action to be considered through a financial wellbeing lens. There was acknowledgement that social prescribing and capacity building of the VCS needs to be at the heart of the plan.

The Delivery Board discussed the college's perception of young people accessing vaping at a very young age, often paying for vapes rather than eating during the day. The insights from schools and the college will be shared with Change Grow Live and appropriate links made with student support services.

There was acknowledgement that not everyone in need will be accessing the Community Hubs, and it would be helpful to get insights from a range of places including Public Health commissioned service providers, as well as schools and the college.

The impact on available household income to support young people going to university is huge, and we therefore need to consider financial advice and support for young people and their families within this context.

There was agreement to sense check actions in the Health Inequalities Action Plan with this strategy and ensure proposed actions are considered through a financial wellbeing lens. Completion of the council's Integrated Impact Assessment will prompt financial and wider inequality considerations.

#### **4.4 Update on Community Led Local Development (CLLD) grant activity to support residents into work**

A presentation was received on the VCS grants scheme which is a three phased project (1) Warm Space building costs (2) Positive steps 1-2-1 wrap around support designed to support residents to move through crisis into employment (3) Growing the social prescribing offer in the city. The presentation focused on phase two and how people with multiple, complex and diverse needs have been supported to address the circumstances which prevent them from making positive steps towards or into employment. The project has covered a range of costs with support designed around the individual, this has included, but is not limited to, providing dedicated time of a key contact, counselling services, essential clothing/personal care, employment support, short-term minor debt, education courses, support for

substance misuse, training and mediation. Learning from these projects will help to inform the wider Healthy City Plan priority of “creating fair employment and good work for all.”

**4.5 Healthy City Plan (HCP) Grant proposals** - The Delivery Board considered a request for Healthy City Plan Grant (see section 7 of this report). The request for funding was supported by the Delivery Board.

#### **4.6 Forward Plan**

The Delivery Board has a detailed forward plan. Proposed agenda items for the next meeting include: an update on low carbon activity that supports health and wellbeing; Adult Mental Health Strategy update; Sunderland Reducing Inequalities Delivery Group update; and skills and employment.

In addition, the Delivery Board will be asked to support a bid from Sunderland to the National Institute for Health and Care Research (NIHR) for a Health Determinants Research Collaborative (HDRC). The closing date for proposals is 18 April 2023. The value of each HDRC contract is likely to be up to £5 million over 5 years.

#### **4.7 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 14 February 2023**

#### **5.1 Draft ICB Place Plan**

See separate agenda item.

Discussion at the Ageing Well Delivery Board included the 50-64 year old demographics and the relationship with prevention, population health management and tackling health inequalities. There was acknowledgement of the importance of appropriately describing the objectives, with the delivery board supportive of the reference to ‘ageing well and healthy ageing.’ The city is looking at housing within the context of prevention and supporting people to live well and live independently in their own homes, including the use of technology and collaborative work for ‘homes to be healthier for all.’

#### **5.2 Sunderland Social Prescribing Model**

This agenda item was discussed at the three delivery boards (see Starting Well Delivery Board update for context).

The Board acknowledged that there is already some great social prescribing work in the city, including on falls prevention and ageing well. We're now building the programme, supporting the VCS to build capacity and ensure we can respond to community needs as a city system.

It was agreed to have a conversation on how the model and wider services are aligned, including the links to strength and balance activity/falls prevention work, reducing social isolation programme, the adult social care single point of contact approach and the acute health sector. Those working on developing the model are keen to ensure a coordinated and inclusive model for the city.

### **5.3 Draft Financial Wellbeing Strategy**

This agenda item was discussed at the three delivery boards.

Understanding the lived experience will inform the way services are delivered and should inform a wider range of services and transformation programmes, including the wider social prescribing offer. The current sixty-seven Warm Spaces have a key role to play in helping to understand lived experience and how services are provided, across multiple partners, within communities in the future. The Ageing Well Ambassadors (115 at present) have a key role to play in helping to cascade key messages to other older residents.

### **5.4 Pension Credit Campaign**

The awareness raising campaign encourages people to check whether they are entitled to Pension Credit which tops up weekly income to a guaranteed minimum level of £182.60 a week for single pensioners or £278.70 for couples. The council is keen to work with more partners to promote pension credit in the city. The passported benefit gives claimants access to a range of other financial support. The Ageing Well Ambassadors are helping to cascade the messages locally, but there are many other opportunities including reaching the children of the retired through Sunderland Workplace Health Alliance and Sunderland BID, for example.

### **5.5 Ageing Well Ambassadors – Year one report**

The Ageing Well Ambassadors have been in place a year, and the report reflects the progress made in this first year. Initially 20 Ageing Well Ambassadors were recruited, we now have 115. These volunteers are adults of any age who take action to help raise awareness and spread age friendly message to others. They are people from organisations, businesses or communities who want to help make Sunderland an Age Friendly city. The ambassadors are acting as the voice of Sunderland's older residents, informing services and investment in the city to ensure residents of all ages lead fulfilling lives. The ambassador programme wants to continue to grow and is particularly keen to recruit more men and people from the Coalfields, both of which are under-represented. All ambassadors are invited to an event with the mayor, providing the opportunity to say thank you for their support.

## 5.6 Additional discussion items

**Warm spaces (now known as Community Hubs)** - Discussed earlier in the meeting the vital contribution the 67 warm spaces have played over the Winter. It has been important to ensure the VCS are supported to cover their costs, including staffing and volunteer costs. The warm spaces are funded until the end of April. It is hoped the busiest warm spaces will receive further funding and the Council is working with the VCS Alliance to support the VCS to increase their capacity, to enable them to secure additional funds from various sustainable sources.

**Homes for Healthy Ageing Test-bed** – The Healthy Ageing Homes and Connected Places Catapult had 7 SME test-beds in Sunderland. We have received national recognition from the catapult for the great work in Sunderland. The challenge back to national colleagues is how to scale up these products and approach the market.

**Housing Digital Innovation Awards** - Valiant Close (bungalow scheme linked to day centre) has won a national award, being named the Best Housing, Regeneration or New Build Initiatives at the Association for Public Services Excellence (APSE) awards. An additional award has been received for the Most Innovative Housing Provider and Most Innovative Support or Care Service, recognising the trailblazing work to embed digital technology into homes.

## 5.7 Forward Plan

The Delivery Board has a detailed partnership workplan. A meeting is planned to 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.

## 5.8 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 hasn't held development sessions since the last assurance report.

## 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 is 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:

### 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 5 years of interactive play equipment at Thompson Park.	£55,527
	<b>TOTAL</b>		<b>£255,527</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 3 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)	Project A - To identify potential inequalities in access to NHS Outpatient appointments.  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.	£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 support local community capacity building.	£39,000*
	<b>TOTAL</b>		<b>£503,000</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

## **8.0 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; and
- (iii) note the projects that have been allocated Healthy City Plan grant.