

SUNDERLAND HEALTH AND WELLBEING BOARD

18 March 2022

HEALTH AND WELLBEING DELIVERY BOARDS ASSURANCE UPDATE

Joint report of the Chief Executive of Together for Children, Executive Director of Public Health and Integrated Commissioning and Executive Director of Neighbourhoods

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; and
- ii. provide a summary of key points discussed at their recent meetings.

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 The fourth meeting of all three delivery boards took place in February/March 2022. The delivery boards are scheduled to meet on a quarterly basis and will hold additional workshops and development sessions subject to their business needs.

3.0 Update from the Starting Well Delivery Board – met 16 February 2022

3.1 The Starting Well Delivery Board held discussions on the following items:

- i. Family Hubs – a bid has been submitted but there is no update at this point. TfC are keen to pursue a Family Hub in Hendon, which is an ideal place for family support. Partners are to consider how they may be able to contribute to a Family Hub approach.
- ii. Health and Wellbeing priority deep dive: Healthy weight

A presentation was shared which noted that prior to Covid maintaining a healthy weight was already an issue. However, Covid has exacerbated the impact on access to nutritious food, physical activity, and healthy behaviours. In addition, there has been a widening of inequalities due to families who were already in poverty receiving less income. The presentation provided an update on the progress made in the children's healthy weight agenda including the National Child Measurement Programme, inequalities and challenges. Healthy weight is a key priority for the Board and a focused action plan is being driven by the Sunderland Healthy Weight Alliance and Steering Group. Salient points from the presentation included:

- Indications are that both reception and year 6 children gained weight during 2020/21
- There are inequalities in child obesity – a child in the North East of England is more likely to experience obesity than a child of the same age elsewhere in England. For some families in Sunderland the inequalities are very stark, with a worsening picture for children in low-income families in Sunderland over 5 years of age
- The obesity levels at Y6 are generally more than double those in reception in the majority of wards in the city. Healthy weight has declined and obesity has risen in 2020/21
- In 2019/20 the gap between the most and least deprived has increased. This indicates that the impact of lockdowns and Covid has widened the inequalities gap for obesity and severe obesity between the most and least deprived.

The presentation also reflected on relevant findings from the Health Related Behaviour Survey (separate Health and Wellbeing Board agenda item) relating to breakfast eating habits, eating of fruit and vegetables and the importance of children looking after their own health.

A virtual event to celebrate Sunderland City Council signing the Local Authority Declaration on Healthy Weight would take place on 23 February 2022. The declaration presents the opportunity for the council to demonstrate good practice in adopting a systems approach to tackling obesity, lead local action and promote the health and wellbeing of communities.

Discussion reflected on a number of issues, including:

- The importance of focusing on healthy weight in children and young people, including children who are underweight.
- Links to be made between the Healthy Weight Steering Group and the CAMHS Partnership.
- The challenge of supermarkets selling unhealthy food at low cost for the healthy weight agenda. The question was raised whether we could raise challenge to this through Sir Liam Donaldson, Chair of the North East and North Cumbria ICS.
- How we can make the required impact at scale across the city.

iii. Holiday Activity and Food (HAF) Programme

An overview on progress over the first year of the programme was provided, noting:

- Easter 2021 - the first programme was limited to virtual holiday activity and food programme due to Covid-19 restrictions.
- Summer 2021 - 27 - local external providers delivered HAF provision over the Summer and TfC ran their own holiday programme targeting the most vulnerable children and young people. Providers extended their offer to those most in need including the mobile bus provision, which was extremely successful.
- Winter 2021 - due to the new Covid variant a hybrid model of face-to-face provision and high quality food hampers and activity packs. Funding was extended to children and young people who are considered most vulnerable. 29 local providers delivered HAF provision over the Winter
- Overview of 2021 – 9,418 children and young people engaged in a HAF activity over Easter, Summer and Winter of which 6624 (70%) were receiving means tested Free School Meals (FSM). There were 29 external providers, and 24 out of 25 wards provided HAF provision.

The Holiday Activities and Food programme will continue for the next 3 years, following the successful nationwide delivery of this programme in 2021. The allocation for this year will be similar to last year whilst accounting for the additional families who have registered for FSM.

iv. Attendance and exclusions

The Delivery Board was briefed on serious incidents of youth disorder and anti-social behaviour. TfC had started to look into what is known about these children and young people, looking at the school journey and school records. A presentation was shared of early findings for this cohort, noting some common denominators:

- A number of young people with late diagnosed or mis-diagnosed Special Education Needs and/or Disabilities (SEND)
- Late access to Education and Health Care Plan (EHCP)
- Reduction/change to numbers supported in secondary school
- Increased diagnosis of Social, Emotional and Mental Health (SEMH) later in school career
- Exclusions and school moves, including permanent exclusions
- A very high incidence of persistent absence (less than 90% attendance), starting in a third of cases in Key Stage 1
- A high correlation between persistent absence and later vulnerability (Not in Education, Employment or Training (NEET), SEND, known to Youth Offending Service, known to Children's Social Care)

It is proposed to use the RAISE initiative (Raising Attendance In Sunderland Education) with the support of the CCG for 12 months. This will provide intensive support for some young people in KS1 with the use of Family Group Conferencing to tackle low and/or persistent absence, then monitor over 3 school terms to determine whether the intensive support is making a difference. If the support does make a difference consideration will be given to how we make it sustainable.

v. Access to dental care

A paper was shared providing a summary of the key issues and details of the work on oral health, access to dental care in Sunderland and work happening locally to improve public health outcomes. A discussion to be scheduled for the next meeting.

vi. Forward plan

The delivery board has a comprehensive forward plan. Proposed agenda items for the next meeting are: Family Hubs; food poverty; fuel poverty; Starting Well performance dashboard; and access to dental care.

3.2 Key issues:

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

4.0 Update from the Living Well Delivery Board – met 2 March 2022

4.1 The Living Well Delivery Board held discussions on the following items:

i. Developing Sunderland's model for social prescribing

A comprehensive presentation was made on developing the social prescribing model for Sunderland, recognising activity has been happening for many years. The overall goal for social prescribing in Sunderland is: *'Greater inclusion of and engagement with people, who may be typically under-represented and reducing health inequalities at a neighbourhood level.'*

Consultation and engagement has informed eleven recommendations that the Social Prescribing Strategic Board have unanimously agreed. These recommendations include: having one organisation that leads and manages the social prescribing system or a better decision making process and directories for the city, with appropriate budget and resource; having a social prescribing brand; development of procedures and standards of service; IT infrastructure to support referrals and the directory of services; support to community hubs to strengthen and grow capacity; commissioning, contract management, contingency and growth plans; and robust evaluation and evidence of best practice to be shared and inform growth plans.

A programme of next steps was presented to support the delivery of the eleven agreed recommendations. Key deliverables include: developing and agreeing the model/framework which includes the clinical and non-clinical offer; branding the service; developing the accreditation process linked to policies and procedures to enable the voluntary sector to be recognised service providers; agree and implement Directory for Sunderland; agree and implement Referral System for Sunderland that links with Directory; continue to map services and recognise gaps, and work with voluntary sector to build capacity to enable them to deliver social prescribing which addresses the wider determinants of health; and implement an evaluation system to inform future commissioning.

Discussion on this item included: ongoing work to increase the number self-referrals; ensuring the directory of services provides information about things people can do themselves including things in the natural environment, such as parks; the role the Active Sunderland Board may be able to play in providing support to improve mental wellbeing and the mapping of the physical activity component for the directory; quality assuring self-help information; the support from Sunderland University and their role as an academic partner with the National Academy for Social Prescribing, bringing research, evaluation and resource capacity; exploring the role of the Delivery Board in the decision making process of the Social Prescribing Strategic Group; and reviewing the membership of the group to ensure the right people are involved, including those representing the physical activity component.

- ii. Health, wealth and employment, including a deep dive into the Health and Wellbeing Board priority of workplace health.

A presentation was provided on the impact of the pandemic on employment and skills, and how the pandemic has exasperated existing health inequalities. Recent post-pandemic data shows the percentage of people employed between 16 to 64 years old and 50 to 64 years is poor, compared to the Regional and National figures. Post Covid, the numbers of people employed is lower and the number of people claiming benefits has increased. The Living Well Delivery Board is keen to support the agenda to reduce health inequalities, build wealth, increase workplace health and improve the health of people seeking work.

A summary of the [Community Wealth Building Strategy](#) was provided, highlighting some of the aspirations and achievements. The Council is Accredited to the Real Living Wage Foundation and maximises social value in procurement to make sure as much benefit as possible goes into the local voluntary sector.

The deep dive into Sunderland Workplace Health focused on the Better Health At Work Award (BHAWA), the Sunderland specific Workplace Health Alliance and the Sunderland Model, pre and during the pandemic. Good quality employment is a known factor of good health and wellbeing. Employment has a key role to play in influencing a range of health-related

outcomes and this is acknowledged in a number of city plans. Evidence shows employers that invest in appropriate workplace health initiatives see a significant return on investment with improved staff morale, increased productivity and reduced sickness absence. Low incomes impact on what people are able to buy and often causes stress. Work is being done to raise awareness of the Workplace Health Alliance and Alliance Charter.

The BHAWA recognises the efforts of local employers and is a way of engaging with a wider range of workplaces. A lot of work is being done to ensure Small Medium Enterprises (SMEs) can engage in the workplace health agenda, many of whom don't have the capacity to be involved in the BHAWA. Some SMEs are involved with the BHAWA and are also part of the Sunderland Workplace Health Alliance which provides the opportunity to engage with other business, mentor and support business that have not started the journey. Over 120 workplaces have signed up to the Workplace Health Alliance and there is also a Workplace Health Alliance Charter to measure output and quality. Mental health at work is a priority for the Alliance, recognising its role in contributing to absence and wellbeing. There is an ambition to increase the number of business involved in the BHAWA, Sunderland Workplace Health Alliance, Mental Health At Work Commitment and being a Real Living Wage employer.

Agreed actions from the discussion were: to explore extending the reach of the Sunderland Workplace Health Alliance to the voluntary sector; and whether more could be done to engage nursing and domiciliary care in the programme.

iii. Health Inequalities Strategic Group

The report provided a recap of the Health and Wellbeing Board's four agreed health inequalities priorities and set-out proposed governance arrangements and terms of reference for a Health Inequalities Strategic Group. These were agreed subject to the proposed membership expanding to ensure there is partnership involvement from across the system.

Recent progress to date on the health inequalities agenda includes: JSNA Steering Group established; Research Insights Procurement Framework to be put in place; consideration is being given to having a Researcher embedded in the Public Health team; updating the 2016 Homeless Audit to directly focus on accommodation needs; a Task and Finish Group looking at utilising empty properties to meet the homeless need; the council's approach to Health in All Policies had been shared with the Local Government Association Health in Our Policies Network; and work was progressing to develop and refine an approach to Integrated Impact Assessment for the council, which includes Health Impact Assessment.

iv. Forward Plan – the Delivery Board has a comprehensive forward plan. Proposed agenda items for the next meeting include: a deep dive discussion on the health of those in work and seeking work; a deep dive discussion on

drugs and alcohol; what the NHS is doing to tackle health inequalities; Pharmaceutical Needs Assessment; and Living Well Performance Dashboard.

4.2 Key issues:

The issues of improving health and reducing health inequalities require a partnership approach as demonstrated in the delivery board discussions on supporting people to have good health to enter and remain in employment. The Delivery Board is keen to understand more about what is happening to support people vulnerable people and people from disadvantaged backgrounds to enter work and sustain employment, particularly in light of the pandemic.

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

5.1 The Ageing Well Delivery Board received a number of updates on its key priorities and activity set-out in its workplan. This included:

- i. Falls prevention – A Falls Coordinator post is out to advert. The appointed coordinator will establish a multi-agency Falls Prevention Group and will lead a review of the current partnership strategy, including considering and widening the role and opportunities supported through assisted technology.
- ii. The Handy Person Service has been extended to provide additional capacity and the referral pathway and menu of services reviewed.
- iii. Local Intelligence on potential frailty factors – previous meetings referred to the work that has been done to identify people who have potential frailty factors (and are not accessing adult social care) who may be at risk and need supporting. A range of social frailty indicators have been applied including residents: living alone over 65, in receipt of Council Tax Support, living in private rented accommodation, using equipment and/or telecare, receiving assisted bin or medical waste collections, who are carers over 65, have visual/hearing impairment and those who were advised to shield during Covid. This data matched with health data will be invaluable in helping to drive forward early intervention/prevention work. The Board is exploring how the data could be used by all relevant partners to maximise outcomes for residents, initially through a strength and balance programme in partnership with the Sunderland VCS Alliance.
- iv. Sunderland Pre-Frailty/Loneliness locality group – ICPS/NECS - data is being used to inform VCS commissioning and social prescribing to reduce frailty and loneliness. Work is being piloted in the West area of the city, through a partnership between Sunderland Age UK, Sunderland Carers and the Sunderland VCS Alliance.
- v. Ageing Well communications campaign – a working group has been established and planning workshop arranged for March. It is important that all partners engage with the Ageing well communication principles to ensure all residents feel they live within an age-friendly city

- vi. SMART Sunderland and an area events programme has been developed for March. These will promote the 5-ways to wellbeing and will encourage as many isolated residents as possible to attend.
 - vii. A draft Ageing-well Ambassador consultation programme has been developed for 2022. Partners can add to this and utilise the Ambassadors as a resource.
 - viii. Adult Social Care Reform White Paper: 'People at the Heart of Care' (published December 2021). The White Paper sets out a 10-year vision for the transformation of care in England. The vision revolves around three objectives:
 - People have choice, control, and support to live independent lives
 - People can access outstanding quality and tailored care and support.
 - People find adult social care fair and accessible.
 - ix. Partners were invited to provide a snapshot of how their organisations / services are contributing to the Ageing Well Delivery Board priorities. Partners verbally provided an update and were asked to complete an audit template to enable the Delivery Board to understand how all partners were supporting priorities.
 - x. Forward Plan – the Delivery Board has a detailed partnership workplan.
- 5.2 It is clear from the Board update that the action currently underway supports key actions required to address the Ageing Well Key issues in Sunderland:
- 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 falls prevention strategic approach has an agreed lead organisation to ensure delivery of the Falls Prevention Action Plan.

6.0 Recommendations

6.1 The Health and Wellbeing Board is recommended to:

- i. note the summaries from the recent meetings of the delivery boards; and
- ii. be assured that the work of the Delivery Boards is progressing in line with their agreed terms of reference.