

**SUNDERLAND HEALTH AND WELLBEING BOARD**

**10 December 2021**

**HEALTH AND WELLBEING DELIVERY BOARDS ASSURANCE UPDATE**

**Report of the Chief Executive of Together for Children, Executive Director of Public Health and Integrated Commissioning and Executive Director of Neighbourhood Services.**

**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.

2.2 The delivery boards provide challenge and support across partnership activity in order to reduce health inequalities and address the social determinants of health. 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 third meeting of all three delivery boards took place in November 2021, having formed their membership and met for the first time in June 2021 and again in September 2021. 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 17 November 2021**

3.1 David Chandler agreed as Vice Chair of the Board.

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

- i. Health Related Behaviour Survey – a presentation was provided (see separate agenda item)

- ii. Starting Well Performance Dashboard (see separate agenda item on Healthy City Plan Performance Overview)
- iii. An update was provided on the developments and thinking around family hubs. An expression of interest will be submitted to the Department for Education for 'Family Hubs – Growing up Well: Local Area Partner (Round two)'. Capital money is available along with revenue funding for a two-year period. If the bid was successful, the hub would be set up by 2023 but there is a lot of national competition for the funding. Family hubs are now a standing agenda item on the Board's forward plan of meetings. The intention is to hold a workshop to scope out a Sunderland model for family hubs.
- iv. An update was provided on the CCG funded Prevention Programme, of which there are ten partnership projects with the majority due to finish in 2023. The projects are:
  - 1 Platform to house health related information
  - 2 Support the establishment of the Mental Health Charter Mark
  - 3 Increasing activity in primary school children
  - 4 Health led secondary school assemblies
  - 5 Reducing alcohol and substance misuse
  - 6 Health and happiness project
  - 7 Obesity support pathways
  - 8 Communicating improvements in food science
  - 9 OMEGA (Olfactory, Mindful Eating and Gardening Activities) project and access to healthy foods
  - 10 Mindfulness

An annual update will be provided to the CCG / future governance arrangements.
- v. A scoping paper on food poverty was shared with the delivery board for information only; a more detailed discussion will be held at the next meeting. The scoping report looks at how to mitigate the impact of food poverty, tackle food insecurity for Sunderland residents and improve access to nutritional and healthy food. The scoping report includes a recommendation to recruit a food coordinator post whose role will be to take forward the recommendations. Food poverty is a priority within the Healthy Weight Alliance.
- vi. The delivery board has a comprehensive forward plan. Proposed agenda items for the next meeting are: food poverty; deep dive into the healthy weight workstream of the Healthy City Plan and the National Child Measurement Programme; and a maintaining a healthy weight and reducing health inequalities call for projects. The Delivery Board would like to consider fuel poverty at a future meeting.

### 3.3 Key issues:

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

## 4.0 Update from the Living Well Delivery Board – met 23 November 2021

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

- i. Development of the Mental Health Strategy outcomes dashboard. Delivery board members commented on the emerging dashboard. Key discussion points included sense checking the dashboard with the Healthy City Plan; and considering how the outcomes reflect children's transitions and the progress to a more preventative and equitable approach. The intention is to have a functioning dashboard in January.

- ii. Deep dive workstream update: Smoke-free Sunderland

A detailed presentation was received on this Healthy City Plan workstream priority. Smoking remains the largest modifiable health behaviour contributing to early death and the largest contributor to health inequalities in the UK today. The priorities for smoke-free cut across a number of workstreams given the focus on pregnant smokers, children and young people, adults in routine and manual occupations, adults with a common mental disorder, those who live in rented accommodation, and geographical inequity and vulnerable communities. The presentation covered:

- The national and regional picture, including the work of FRESH, the regional tobacco control programme funded by the North East LA7.
- Tobacco control priorities and local partnership working, including the well-established Sunderland Smoke Free Partnership
- The Specialist Stop Smoking Service, which has had a service review undertaken and its contract extended until April 2023. The service now delivers all Very Brief Advice training and Smoking Cessation Advisor initial and refresher training to all universal providers.
- The Smoke Free action plan – achievements, areas of ongoing work and opportunities.

Specific achievements to note:

- Smoking prevalence has reduced to 16% in 2019 from 20.2% in 2018. Routine and manual smoking prevalence has shown a declining trend since 2011, reducing from 31.4% in 2011 to 25.7% in 2019.
- There is improved access to prescribed treatment through improved pharmacy contracts.
- A Responsible Retailers scheme is being delivered, including the use of tobacco enforcement dogs and support to Fresh's Keep it Out illicit tobacco campaign.
- Pathways to support quitting outlined within the NHS Long Term Plan and treating tobacco dependency pathways have begun development.

- A 3-year project with Gentoo is about to commence and will see up to 4,000 Gentoo residents being given the opportunity to access support with smoking behaviour and an E-cigarette harm reduction programme.
- Very Brief Advice has been implemented and this includes an immediate referral to the Stop Smoking Service.
- Publicity campaigns have included Stoptober, smoke-free parks, Fresh's Keep it out and highlighting the Councils endorsement of the [All Party Parliamentary Group on Smoking and Health](#) recommendations for the Tobacco Control Plan 2021.

Future and ongoing work:

- Enhanced partnership work with Maternity Services and community groups to increase quit attempts and reduce smoking at the time of delivery.
- The Stop Smoking Service will provide smoking cessation adviser training to Children's Centre Staff to reinforce the smoke-free families and smoke-free homes messages.
- The nurses at the Nightingale Hospital are providing intervention (including referrals) to people who are receiving the Covid-19 vaccine.
- Links will be made with the Sunderland Workplace Health Alliance to discuss smoking cessation in workplaces.
- Explore approaches to smoke free school gates and how this may be incorporated into the Healthy School Charter Mark.
- The University of Sunderland will be incorporating Healthy City Plan messages into the curriculum for future health professional training.
- Further work to support the University to become smoke-free.
- A primary care network forum will be established to ensure shared learning from practitioners who provide smoking advice and support within the city.

The Delivery Board agreed that a review of the action plan for the Sunderland Smoke-free Partnership is undertaken. This will take into account any changes to the evidence base, new data being released as well as addressing priority areas in line with the priorities of the Healthy City Plan; the Smoke-free Partnership will continue to progress work in relation to the key opportunities for improvement and ongoing work outlined above; and, a Health Equity Audit will be conducted which will help to inform future action for the Smoke-free Partnership in relation to reducing health inequity across the city.

- iii. Living Well Performance Dashboard (see separate agenda item on Healthy City Plan Performance Overview). Discussion included how we compare with our statistical and geographical neighbours and whether this could be explored. Measures on the employment gap for particular groups is in the framework as a reminder that we should be seeking to reduce health inequalities.
- iv. Forward Plan – the Delivery Board has a comprehensive forward plan. Proposed agenda items for the next meeting are social prescribing; an update on developing our approach to improving health and reducing health inequalities; and a deep dive discussion the healthy economy workstream priority.

#### 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 smoke free.

Continuing to learn from others including statistical and geographical neighbours.

### 5.0 Update from the Ageing Well Delivery Board – met 22 November 2021

#### 5.1 The Ageing Well Delivery Board received a number of updates on its key priorities. This included:

- i. Ageing Well Performance Dashboard (see separate agenda item on Healthy City Plan Performance Overview).
- ii. Falls prevention – The delivery board has key indicators around hip fractures and hospital admissions following falls in its performance dashboard. Work has been progressing at a partnership level to understand the current service offer to support falls prevention. There was recognition that service users prefer the service as local as possible. The Delivery Board was supportive of a proposal to appoint a falls coordinator to provide a leadership role and oversee a city-wide strategy.
- iii. Local Intelligence on potential frailty factors – since the last update further work has been done to identify people who have potential frailty factors (and are not accessing adult social care) who may be at risk and may 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 work will help to inform a targeted preventative approach for those over 65 years. The approach has the potential to consider frailty factors for those under 65 years of age in the longer-term given poor healthy life expectancy in the city. Work is taking place at an ICP level to take a targeted approach to make residents aware of the support framework available.
- iv. There will be a national research programme evaluating Models of Support for Moderate needs in Older People (MSMOP) to understand how best to support older people with moderate social care needs and their Carers. Involvement in the research will help us ensure we have the best possible services with the available resources. It will allow identification of prevention and early intervention opportunities to enable resources to be targeted more effectively and ensure support is provided at the earliest opportunity.
- v. The delivery board was supportive of a winter support funding proposal to enable delivery of community support activities and interventions. This will be

aimed at individuals identified as potentially vulnerable and at risk due to factors that indicate frailty.

- vi. Ageing Well Sunderland – Communications Campaign. A film was shared involving key messages by some of our Ageing Well Ambassadors: [www.sunderland.gov.uk/ageingwell](http://www.sunderland.gov.uk/ageingwell). Next steps include establishing a communications partner working group and agreeing a communications delivery plan for all City partners.
- vii. An all partner workshop was held on 4<sup>th</sup> November focussing on ageing well using technology to support people to live healthy longer lives. There was recognition at the workshop that 'not one size fits all' and the advice and support people receive is very personalised and person-centred. We must share the technology offers available with as many residents as possible. A key next step is to arrange area events in the New Year to promote technology to residents.
- viii. Area events for Christmas - working with Everyone Active a programme of events is planned for December focusing on the Five Ways to Wellbeing. The five events (one for each areas of the city) will be hosted by Ageing Well Ambassadors and supported by the Council's Community Resilience service.
- ix. The Centre for Ageing Better "Good Homes for all" report published in September 2021 by the Good Home Inquiry was shared. It warns that it's a 'now or never' moment for transforming the state of the nation's housing and is calling for a cross-government housing strategy with a ministerial champion. The report makes a number of recommendations [Homes that kill: 2 million homes in England pose a serious threat to health or safety | Centre for Ageing Better \(ageing-better.org.uk\)](https://www.ageing-better.org.uk/news/homes-that-kill-2-million-homes-in-england-pose-a-serious-threat-to-health-or-safety) There was acknowledgement from the delivery board that social tenants benefit from replacement boilers and windows so that homes are warm and safe.
- x. An update on the Homes for Healthy Ageing programme was provided. The programme aims to support residents to live healthier in their own homes for 5+ years longer. The [Digital Catapult](https://www.digitalcatapult.co.uk/) launched a programme to test bed opportunities around challenges such as damp, cold and fuel poverty. Slides were shared outlining the projects that have been shortlisted for testing.
- xi. 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:

- note the summaries from the recent meetings of the delivery boards;
- be assured that the work of the Delivery Boards is progressing in line with their agreed terms of reference;
- receive specific agenda items from the Delivery Boards for discussion; and
- receive quarterly assurance updates from the Delivery Boards on an ongoing basis.

