

HEALTH AND WELLBEING BOARD



TO:	Health and Wellbeing Board
FROM:	Cath Taylor, Consultant in Public Health
DATE:	5 th March 2024

SUBJECT: Live Well update: Mental and physical health and wellbeing

1. PURPOSE

To provide an update on delivery of the Joint Local Health and Wellbeing Strategy 'Live Well' priorities and actions, specifically those relating to mental and physical health and wellbeing.

2. RECOMMENDATIONS FOR THE HEALTH & WELLBEING BOARD

The Health and Wellbeing Board are recommended to:

- a. Note the contents of this report which is for information and update on progress.

3. BACKGROUND

In December 2023, the Health and Wellbeing Board approved the introduction of a new annual schedule of life-course updates. The aim of these updates is to provide assurance to the Board that the strategy priority areas and objectives are being delivered.

Whilst the board already receives annual Start Well and Age Well updates, there was no formal schedule for providing updates on the three priorities covering the 'Live Well' within the Joint Local Health and Wellbeing Strategy (figure 1):

- Priority 2: Healthy homes, places and communities
- Priority 3: Mental and physical health and wellbeing
- Priority 4: Good quality work and maximising income

There is a wide span of groups across the Council and broader partners which are delivering activity aligned to these priorities. A mapping exercise was undertaken to identify key strategic groups and other supporting groups or services involved with the delivery of each of the actions.

In recognition of the breath of the Live Well agenda, the board agreed that two Live Well updates be provided per year as follows:

1. Mental and Physical Health (Priority 3)
2. Wider Determinants of Health (Priority 2 and 4)

In addition, it was agreed that key strategic groups identified through the mapping were asked to provide a short highlight report to the Board in order to demonstrate their activity in support of the strategy.

An annual Dying Well update will also be received by the Board.

Figure 1: Joint Local Health and Wellbeing Strategy on a page

Section 3: Our Health and Wellbeing Strategy on a Page					
Blackburn with Darwen Joint Health and Wellbeing Strategy 2023 - 2028					
Our Vision <i>Working together to create a healthier, safer and fairer Blackburn with Darwen where everyone benefits from sustained improvements in health and wellbeing</i>					
Our Principles					
Action on the wider determinants of health	Ensuring health equity	Communities driving change	Intelligence and evidence based decision making	Coordination at place and service integration	
Our Priorities					
Best start in life	Healthy, homes, places and communities	Mental and physical health and wellbeing	Good quality work and maximising income	Positive ageing and independence in later life	Dying well
How we will deliver our priorities					
Start Well Start Well annual action plan	Live Well Live Well annual action plan	Age Well Age Well annual action plan	Dying well Dying Well annual action plan		
Pennine Heathy Equity Alliance					
Blackburn with Darwen Place Based Partnership					
Primary Care Neighbourhoods					
Monitoring					

A summary of activity by key groups identified in relation to mental and physical health and wellbeing is shown in Figure 2.

Figure 2: Key strategic groups delivering against Priority 3 of the JLHWB Strategy

	Eat Well Move More Strategic Group	Health Protection Board	Changing Futures Board	Combating Drugs Partnership	Mental Health and Suicide Prevention	Trauma Informed Strategic Group
1. Deliver a coordinated prevention at scale programme with a focus on health inequalities; - Reducing the prevalence of key risk factors for long term conditions including smoking, obesity, alcohol and inactivity - Early detection and diagnosis of long-term conditions and cancers through increasing uptake of cancer screening and NHS Health Checks - Increasing uptake of vaccination and immunisations						
2. Reduce inequalities by placing a concerted focus on the most vulnerable including people who are experiencing homelessness, asylum seeker and refugees, sex workers and other socially excluded groups						
3. Refresh and deliver the Mental Health and Wellbeing and Suicide Prevention Strategies, building on the Prevention Concordat.						
4. Develop a real time surveillance model which will support the collaborative use of data in the provision of suicide and self-harm prevention strategies.						
5. Embed mental health and wellbeing as a core priority across the life-course and in all settings including health, social care, education, criminal justice, children and young people’s services, adults, neighbourhoods and voluntary, community and faith sector partners.						
6. Accelerate our work towards becoming a fully trauma informed borough						
7. Tackle loneliness and social isolation among children, young people, working age adults and older adults						
8. Use findings from the “Beyond Imagination Life Survey” to influence the development of strengths-based interventions for the people with lowest levels of wellbeing in the borough.						

4. RATIONALE

In order to provide assurance to the Health and Wellbeing Board that the vision and priorities within the Joint Local Health and Wellbeing Strategy are being delivered, there is a need for clear reporting arrangements between the Board and any key strategic groups.

5. KEY ISSUES

The highlight reports from each group are provided in Appendix A and summarised below.

Eat Well, Move More (EWMM) Strategic Group: This group oversees the implementation of the EWMM strategy, adopted in 2022, and provides oversight of the operational groups which lead on the key strategy themes. The group is attended by a broad range of stakeholders and aims to ensure alignment to local and national policies and equitable delivery of the strategy the life-course.

Over the last 12 months a strategy [implementation plan](#) has been developed, including activity delivered over seven themes:

1. Early Years / Healthy Foundations
2. Children and Young People's Healthy Weight
3. Active Travel
4. Green and Blue Spaces:
5. Food Environment:
6. Reducing Health Inequalities/Targeted Interventions:
7. Supporting the Workforce

Key activity for the year ahead includes delivery of a Health and Wellbeing Board Development Session, a Food Conference in May, a refreshed Healthy Weight Declaration and launch of the We Are Undefeatable campaign in June.

Health Protection Board: This group enables the Director of Public Health as part of their statutory responsibilities, ensure there are safe and effective arrangements and plans in place to protect the health of the population. The group promotes integration and partnership working on health protection between the Local Authority, NHS England, UK Health Security Agency (UKHSA), NHS Trusts and other key local stakeholders and services. *A separate annual Health Protection Assurance Report is provided to the Health and Wellbeing Board. However, this gives an overview of Board activity since the last update in September 2023.*

Recent activity within this group has included:

- Delivery of the 2023/24 Seasonal flu vaccination programme including collaborative work across primary care, the ICB and the school-aged immunisations service to facilitate pop-up flu vaccination sessions via our family hubs during the October half-term holidays resulting in additional 220+ residents receiving the flu jab.
- Completion of a new Infection Prevention & Control service level agreement with Lancashire County Council to ensure that the Council can provide complex settings, e.g. care homes, with specialist IPC advice and guidance alongside outbreak management support.
- Screening & Immunisations workshop undertaken by the Lancashire and Cumbria Public Health Collaborative in February 2024, to agreed system wide actions to improve uptake of screening and immunisations. Particular areas of focus for Blackburn with Darwen include uptake of bowel cancer and AAA screening and the HPV vaccination which are currently a suboptimal levels.
- Activities in response to rising measles cases, which has now seen UKHSA declare a national incident. Locally primary care, ICB and local authority colleagues are working together to communicate facts clearly to residents and improve uptake of the MMR vaccine to reach the 95% recommended coverage within the population.

Changing Futures Board: Changing Futures Lancashire has been delivering in the East Locality since January 2022 and seeks to support those experiencing multiple disadvantage. The delivery model was entirely co-produced with people who have lived experience of multiple disadvantage and adopts principles such as information sharing rather than reassessment (avoiding repeat trauma disclosing personal history) at the point of entry, and a named worker as a Navigator (guide) and also wider specialist services all funded within one team.

Since the service started 312 people have been accepted on to the programme and currently the East locality are actively supporting 70 people with complex multiple disadvantages, the majority of whom reside in BwD. Many of the people open to the programme are frequent attenders or high intensity users of emergency care and health services. New referrals have been paused as the service is at capacity and capping caseloads is essential to enable person centred working.

The funding for the delivery of CFL will end on 31/3/2025, creating a risk that the Navigators via Lived Experience Teams will be lost unless further funding is identified. An evaluation has been undertaken which suggests that the programme provides a return on investment by reducing frequent use of healthcare and criminal justice costs. Learning from the programme is also being used to inform systemic change within the BwD system to support people experiencing multiple disadvantage by identifying three pillars of improved practice:

- 1) Co-production with people who have lived experience in service design, redesign and monitoring;
- 2) A no wrong door / one front door service system; and
- 3) True integrated working as one system, engendering trust to work smarter, not harder.

Combating Drugs Partnership (CDP): This group is a mandatory multi-agency partnership which aims to reduce drug use and drug-related harm across Blackburn with Darwen in line with the government's 10-year drug strategy 'From Harm to Hope' and by delivering against the national Combating Drugs Outcomes Framework.

Recent work by the CDP has included undertaking a population-based needs assessment and consultation with key stakeholders to identify actions for the partnership moving forwards. Further discussions are planned around ongoing challenges within the borough such as responding to unmet drug and alcohol needs amongst different populations, tackling issues of around suitable and stable accommodation, and providing effective and consistent support for those in the criminal justice system.

Mental Health and Suicide Prevention Strategic Group represents a partnership of local interests, working at a strategic level, towards improving the mental wellbeing and mental health of their population and minimising the harm caused by suicide.

This year the group has overseen the development of a Joint Strategic Needs Assessment Chapter on Mental Health and Suicide. This document pulls together data that outlines the local needs and assets of the borough, in regard to Mental Health. This has been published on the council's website and will support commissioning of new services and allocating of resources.

This work is supporting development of a new Mental Health and Suicide Prevention Strategy, which with the emerging structure of the Place Based Partnership, and Integrated Care Board's Mental Health and Population Health Teams, has been delayed and will be completed in Spring 2024. This delay will prove beneficial as the emerging teams within BwD engage with and contribute to the strategy, and the vision that it sets out for the borough over the next 5 years.

Trauma Informed Strategic Forum: This group supports and represents the three local Trauma Informed (TI) Managed Networks that are collectively working towards reducing the incidence and minimising the impact of trauma across the borough. The networks are now well established and meet quarterly, covering the following areas:

- Early Years
- Education
- Communities

Key activity over the past 12 months has included:

- The development of a trauma informed resource library.
- Presentation on TI at the Adults and Health Engagement Session in January 2023.
- TI training delivered to Extended Leadership Team by Lancashire Violence Reduction Network (VRN) in March 2023.
- TI Community Champions programme secured and being delivered in the community via BwD Healthy Living.
- TI Service Leads (including VCFS partners) workshops underway to support self-assessment audits and action planning.
- Evaluation into the effectiveness of our current approach to developing TI organisations and communities being undertaken by Prova Research.
- Adult's and Health Community of Practice network established.

Planned activity for the year ahead includes:

- TI Basic Awareness training to be launched and rolling programme delivered over the year, via a train the trainer model.
- ELearning programme to be launched for Council staff.
- 50 services/settings to complete the VRN self-assessment toolkit and develop appropriate action plans for peer review.
- Vulnerable Young People's Network to be established and quarterly meetings to begin.
- One service/setting to have achieved the One Small Thing TI Quality Mark.

6. POLICY IMPLICATIONS

[Health and wellbeing boards – guidance - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/health-and-wellbeing-boards-guidance)

[From harm to hope: A 10-year drugs plan to cut crime and save lives - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/from-harm-to-hope-a-10-year-drugs-plan-to-cut-crime-and-save-lives)

Changing Futures programme - [Changing Futures - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/changing-futures)

Suicide prevention strategy 2023-28 - [Suicide prevention strategy for England: 2023 to 2028 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/suicide-prevention-strategy-for-england-2023-to-2028)

Levelling Up White Paper - [Levelling Up the United Kingdom - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/levelling-up-the-united-kingdom)

7. FINANCIAL IMPLICATIONS

The Health and Wellbeing Strategy priorities are delivered within existing financial commitments.

8. LEGAL IMPLICATIONS

There are no legal implications.

9. RESOURCE IMPLICATIONS

A planning and governance officer post in Public Health will support the reporting and monitoring of the Joint Local Health and Wellbeing Strategy 2023-28.

10. EQUALITY AND HEALTH IMPLICATIONS

No EIA required.

11. CONSULTATIONS

Identification of the key groups that have provided highlight reports for this report were identified through a mapping exercise, undertaken by the Public Health Team and BwD Place-Based ICB colleagues.

The work has also been informed through consultation with a range of teams across BwD Council, including the Adults & Health and Growth & Development departments.

VERSION:	1
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CONTACT OFFICER:	Cath Taylor, Consultant in Public Health, BwD Public Health Team
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DATE:	16 th February 2024
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BACKGROUND PAPER:	Appendix A – Highlight reports from key groups
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