Live Well update: Mental and physical health and wellbeing APPENDIX A: Highlight reports from Key Groups

Name of Group:	Eat Well Move More Strategic Group
Name and role of	Charlotte Pickles
Contact:	Public Health Specialist

Objective(s) aligned to group activity	
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n with the work of your group (also see attached slide):	
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health conditions, and increase vaccination.	
Focus on reducing inequalities for the most vulnerable groups.	
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Brief overview of group purpose

The function of the Eat Well Move More (EWMM) Strategic Steering Group is:

- 1. To raise the profile of the EWMM strategy with decision makers across the Council, Health and Social Care and across the voluntary, community and faith sectors.
- 2. To provide strategic direction, oversight and governance to the operational groups leading on the key deliverables of the EWMM strategy.
- 3. To ensure the EWMM guiding principles are aligned to local and national policies and that they are a core component of Primary Care Neighbourhoods and Place-Based Partnership priorities as they emerge.
- 4. To ensure an equitable approach to delivering the strategy is maintained and that the needs and views of communities are central to development and delivery plans.
- 5. To link to activity across the three life stages of the Joint Health & Wellbeing Strategy, to include Start Well, Live Well and Age Well.

Please provide a brief summary of key activity of your group over the past 12 months and planned activity/key milestones for the next year. (300 words max)

EWMM Strategic Meetings take place quarterly. There is a wide membership and work has taken place to ensure the correct representatives have been invited to attend and where roles have changed, new representatives have been sought.

The main focus over the last 12 months has been to develop an <u>implementation plan</u> for the current strategy which was agreed in 2022.

Below is a summary of key activities/progress under each theme:

1) Early Years / Healthy Foundations and

2) Children and Young People's Healthy Weight

- Face to face and online workshops completed for colleagues supporting the Early Years and CYP agenda to set objectives for the year ahead.
- Delivery groups yet to be defined.
- School Food Grant 72 schools have benefited from the HSF grant funding
- Play and Stay at Teatime Activities (PASTA) pilot has started within 3 settings delivered by IMO via CVS.
- GULP continues to be delivered in primary schools
- New NCMP letters agreed to support CYP and their families re healthy weight

3) Active Travel

- BwD Walking and Cycling Group leads on the delivery of this Key Theme
- LCWIP approved at Exec Board November 2023
- Good relationships formed with Active Travel England

4) Green and Blue Spaces:

- BwD Walking and Cycling Group and the Active BwD Network lead on the delivery
 of this Key Theme which still requires further developing and actions to be set
- Intention is for this to be informed by the newly adopted Local Plan
- New PHDM to provide additional support to this key theme

5) Food Environment:

- BwD Food Alliance leads on this key theme
- Sustainable Food Places Bronze Award achieved November 2023
- New co-ordinators appointed to drive agenda forward
- BwD Food Club established September 2023 delivered by CBP
- My Food Community partnership underway

6) Reducing Health Inequalities/Targeted Interventions:

- We Are Undefeatable campaign to improve physical activity levels amongst those living with long term health conditions is in development to be launched Spring 2024
- Health Check programmes have been reviewed; NHSHC tender exercise complete.
- Working with ICB colleagues to consider specific work programmes to support CVD and diabetes

7) Supporting the Workforce:

 Small T&F group has been established to agree key objectives and actions; considering Workplace Wellbeing Champions, MECC and other core workstreams to take this forward

Key Activity/Milestones for the year ahead:

- 1) Health and Wellbeing Board Development Session to be delivered.
- 2) Place Based Partnership Board presentation and commitment to support
- 3) Food Conference to be delivered May 2024
- 4) Healthy Weight Declaration refresh completed and signed off June 2024
- 5) We Are Undefeatable campaign launched June 2024
- 6) Progress made on each of the Key Themes identified; interim progress report to be completed January 2025

Name of Group:	Health Protection Board
Name and role of	Rabiya Gangreker
Contact:	Public Health Development Manager
	Health Protection

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Beyond Imagination Life Survey findings.	

To enable the Director of Public Health as part of their statutory responsibilities, to provide assurance to Blackburn with Darwen Borough Council's Health and Wellbeing Board, on behalf of the population of Blackburn with Darwen, that there are safe and effective arrangements and plans in place to protect the health of the population, across the life-course (Start Well, Live Well, Age Well).

To promote integration and partnership working on health protection between the Local Authority, NHS England, UK Health Security Agency, NHS Trusts and other key local stakeholders and services.

Please provide a brief summary (300 words max) of:

- Key activity your group has undertaken over the past 12 months which meet the above strategy objectives
- And planned activity/key milestones for the next year.

23/24 Seasonal flu vaccination programme

BwD historically has had a low uptake of the annual flu vaccination across all eligible groups. This season, the Council collaborated with partners, including primary care, the ICB and the schoolaged immunisations service to facilitate pop-up flu vaccination sessions via our family hubs during the October half-term holidays. This initiative resulted in an additional 220+ residents receiving the flu jab, which helped raise the profile of the family hubs among local families.

Infection Prevention & Control

The service level agreement with Lancashire County Council's Infection Prevention & Control (IPC) service ensures that the Council can provide complex settings, e.g. our care homes with specialist IPC advice and guidance alongside outbreak management support. It includes auditing care settings to review standards of IPC practice.

Screening & Immunisations

The screening and immunisation uptake rates in the NW have declined in recent years. The PH Collaborative has identified this area as a priority in its current work programme. The collaborative hosted a workshop on the topic in February 2024 and agreed that several actions were necessary across the wider system to improve upon the work already underway. It has been agreed that the NHS England NW Screening & Immunisations team will facilitate a Lancashire & South Cumbria Oversight Board to help drive service improvement and delivery.

<u>Measles</u>

The uptake of routine childhood vaccinations, including the MMR vaccine is the lowest it has been in a decade. It is well below the recommended 95% uptake needed to protect the population and prevent outbreaks. There has been a recent increase in measles cases in England, including an ongoing outbreak centred in Birmingham and around the West Midlands region. The majority of cases have been in children under the age of 10 years with many outbreaks linked to nurseries and schools.

As a result, the UKHSA has declared a national incident to coordinate the investigation and response to the rise in measles cases. Locally, primary care, ICB and local authority colleagues are working together to communicate facts clearly to residents and encourage action among those who are unvaccinated.

Name of Group:	Changing Futures Board
Name and role of	Lancashire Programme Manager: <u>ian.treasure@blackburn.gov.uk</u>
Contact:	https://www.linkedin.com/in/iantreasure
	East Locality Team Manager victoria.holmes@blackburn.gov.uk

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0.	Beyond Imagination Life Survey findings.			
	beyond imagination life ourvey infames.			

The Changing Futures Lancashire programme has been delivering in the East Locality since January 2022, and was fully rolled out across Lancashire by April 2022. The programme seeks to support those experiencing multiple disadvantage. At the time of writing, new referrals have been paused as the service is at capacity, and as the delivery model takes cognisance of the evidence base from the Fulfilling Lives programme, capping caseloads is essential to enable person centred working.

The delivery model was entirely coproduced with people who have lived experience of multiple disadvantage. The funding bid itself written in 2021, was subject to a cycle of weekly engagement, using the feedback to iteratively develop a service model adapted to meet expressed needs of people experiencing multiple disadvantage. Simple 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, as well as providing specialist links to other local services.

The programme had a notional target of helping 1220 people across Lancashire up to March 2024. As at 31/12/2023, the programme activity since the start was as follows:

Locality	Total Referrals	Referrals Not Eligible - Closed (Not- eligible)	Beneficiari es supported since start of programm e	Percentag e Accepted (Referrals)	Beneficiari es currently being supported	Beneficiari es supported in the last quarter
East	527	168	312	68.1%	70	118
Fylde Coast	496	184	262	62.9%	95	154
Central and						
West	424	84	288	80.2%	112	159
North	219	16	196	92.7%	46	84
Lancashire	1,666	452	1058	72.9%	323	515

The programme has also produced some communications about its aim and purpose:

In 2022 we created this film to explain what the programme is and its aims so please watch here https://www.youtube.com/watch?v=n2cgfywKBB8

In 2023 we coproduced a film on Stigma, which was identified as a major issue for people experiencing multiple disadvantage. Please watch to understand what you can do to help https://www.youtube.com/watch?v=GGzwsJIIOIU

Prefer Audio? Do you like podcasts? Here is a link into our Spotify account https://open.spotify.com/show/40gWTfh2UmDjpVINwQ7nU3

The funding for the delivery of CFL will end on 31/3/2025. Although the specialist staff for Mental Health, Probation, Housing, Drug Services etc can continue to work in integrated teams after 31/3/2025, the loss of the Navigators via Lived Experience Teams means that the model will collapse. The search for continuation funding of £1.4million per annum across Lancashire continues. This makes embracing and assuring implementation of the three pillars of system change by the recurrent system even more important and urgent.

Please provide a brief summary of key activity of your group over the past 12 months and planned activity/key milestones for the next year. (300 words max)

There are 2 key programmes of work within the Changing Futures Programme over the final 12 months, the evaluation and also embedding systemic change.

1. The Evaluation

The delivery model for Changing Futures Lancashire is a means to the end which is the evaluation. The programme has two fundamental questions:

- a) Do people get better, measured by the NHS Validated 'New Directions Team Assessment' or NDTA?
- b) Does Changing Futures Lancashire realise a cost avoidance / Return on Investment (ROI)?

The answer to both is yes, and evidence is on the accompanying powerpoint slide.

All participants in the 'Live Well' arena are asked to consider the domains of health, social care and criminal justice and suggest other areas that could have the impact measured (but only if a clear road map about how to get there is also stated by the proposer).

2. Systemic Change

The Changing Futures programme aim is to change systems so that people experiencing multiple disadvantage do not experience systemic barriers in the future. To assist 'the system' in implementing changes, the programme has coproduced the following three pillars of system change, and we ask you to ensure any new work is aligned to these three pillars:

- Coproduction 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.

The programme also has several partnership workstreams chosen by people with lived experience and also backed up with 'issues logs' taken early in the programme to identify commonality of barriers (thus coproduced). The workstreams are:

- 1. Lived Experience in the workforce
- 2. Mental Health Services (dual diagnosis)
- 3. Domestic Violence Workstream
- 4. Substance Misuse Services
- 5. Reducing Reoffending

Name of Group:	Combatting Drugs Partnership
Name and role of	Lee Girvan
Contact:	Public Health Specialist

Objective(s) aligned to group activity	
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Beyond Imagination Life Survey findings.	

This group undertakes the mandatory role of Combatting Drugs and Alcohol across Blackburn with Darwen as a placed based partnership involving multi agency partners for the Borough

Please provide a brief summary of key activity of your group over the past 12 months and planned activity/key milestones for the next year. (300 words max)

Following the recent BwD Combating Drugs Partnership (CDP) needs assessment, a consultation across partners was conducted to identify key priorities for the partnership (linked to the national CDP outcome framework). The consultation involved:

- partner survey of needs and priorities
- forum activity session and focus group with members of Roots Recovery
- partner responses from Spark Recovery Collaborative anniversary event
- wider interviews / meetings with community justice partners

Consultation responses have been collated and compiled into a draft long-list of Strategic Objectives for Blackburn with Darwen, which will underpin development activity to address the outcomes identified in the government's 10-year drug strategy 'From Harm to Hope' and the national Combating Drugs Outcomes Framework.

This document is intended to be used as a discussion point for refining and focussing objectives and priorities for the CDP over the coming year(s). It is suggested that this takes place with a small group of stakeholders before a refined iteration is shared more widely. This enables clarification of objectives and allows for some suggested prioritisation prior to a wider engagement process. Note: These objectives focus on the additional activity or alternative approaches identified by stakeholders to further improve and enhance provision and outcomes for those with drug and alcohol concerns - there is already significant good practice taking place across Blackburn with Darwen, and this is expected to be continued.

Local objectives are intentionally strategic, and rarely contain the level of detail provided through the consultation process. In some places top level objectives are accompanied by sub-objectives, included to provide more information for consideration / inclusion at a later stage of the process (though they may not be included in top-level summaries). Future action points and plans will, however, consider these lower-level objectives along with the more detailed suggested actions provided in consultation responses. There should also be further discussions with partners about the best ways of tackling some of the enduring challenges and 'wicked issues' such as responding to unmet drug and alcohol needs among different populations, tackling issues of suitable and stable accommodation, and providing effective and consistent support for those in the criminal justice system.

There is some inevitable repetition / overlap across thematic areas – this can be addressed in the subsequent refining of objectives and clarification of where overlapping themes (e.g. young people and criminal justice) are best located.

Local objectives / priorities for Blackburn with Darwen are presented alongside the intended outcome(s) of the action. These are 'mapped' to central elements of the National Outcomes Framework, both in terms of national strategic outcomes and intermediate outcomes that are more specific. Some of the objectives link to specific intermediate outcome elements of the national framework, whilst others are considered important in achieving overall strategic aims of reducing drug use and drug-related harm across Blackburn with Darwen.

Name of Group:	Mental Health and Suicide Prevention Strategic Group
Name and role of	Frances Riley
Contact:	Public Health Specialist

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The Blackburn with Darwen Mental Wellbeing 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.

Purpose:

- To improve the mental wellbeing and mental health of the population with a focus on addressing inequalities, taking a life course approach, using evidence, data and local insights.
- Reduce the risk of suicide across the whole population
- To minimise the harms caused by suicide by providing effective support to those who are affected or bereaved by suicide.
- To provide strategic leadership and coordination of mental wellbeing and suicide prevention programmes, initiatives and services to maximise and target resources to improve the equity of mental wellbeing outcomes

Outputs of the Group

- Annual Data Report, outlining the local needs and assets
- 5 year Mental Wellbeing, Mental Health and Suicide Prevention Strategy, with annual Action Plans

Please provide a brief summary of key activity of your group over the past 12 months and planned activity/key milestones for the next year. (300 words max)

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 and forms the basis for the new strategy. This has been published on the council's website and will support commissioning of new services and allocating of resources.

It has been supporting the development of a new 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 now be completed next year. 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.

Next year the group will:

- Be part of a new Place Based Mental Health Governance Structure
- Oversee the finalising of a new Place Based MH and SP Strategy
- Implement and deliver it's part of the 1st annual Action Plan from the Strategy

Name of Group:	Trauma Informed Strategic Forum	
Name and role of	Charlotte Pickles	
Contact:	Public Health Specialist	

Objective(s) aligned to group activity					
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The Blackburn with Darwen Trauma Informed Strategic Forum supports and represents the local Trauma Informed Managed Networks that are collectively working towards reducing the incidence and minimising the impact of trauma across the borough.

The Forum provides system's leadership and strategic oversight in support of the borough's ambition of developing fully trauma-informed and trauma-responsive communities and organisations.

Please provide a brief summary (300 words max) of:

- Key activity your group has undertaken over the past 12 months which meet the above strategy objectives
- And planned activity/key milestones for the next year.

Three Managed Networks are now well established and have met quarterly over the past 12 months.

These currently cover:

- Early Years
- Education
- Communities

Highlights from networks this year include:

- > The development of a trauma informed resource library
- Guest speakers attending networks to share good practice and inspire change
- Shared learning and support across the networks
- Shared language developing across the networks
- > TI becoming a regular agenda item in team meetings
- More partners coming on board to join the conversation
- Building momentum to work towards becoming a trauma informed Borough.

Key strategic events/milestones achieved:

- Presentation at Adults and Health Engagement Session January 2023
- Strategic Leads Training delivered by Lancashire VRN March 2023
- Growth of the TI Strategic Forum to include strategic and service leads
- 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 selfassessment audits and action planning
- Evaluation into the effectiveness of our current approach to developing TI organisations and communities is underway carried out by Prova Research
- Vulnerable Young People's Network leadership agreed
- Adult's and Health Community of Practice network established

Planned activity for the year ahead:

- TI Basic Awareness training to be launched and rolling programme to be delivered over the year:
 - 20 trainers from across the system have been identified to support the roll out of this programme
 - o Train the trainer to be delivered in March 2024
 - Training programme launched April/May 2024
 - o Ambition is to train 400 members of staff during the first 12 months
- ➤ ELearning programme to be launched available to book through MeLearning:
 - Launch to coincide with the launch of the face to face Basic Awareness Programme in April/May 2024
- > 50 x services/settings to have completed the VRN self-assessment toolkit and developed appropriate action plans for peer review via various networks/support available
- Vulnerable Young People's Network to be established and quarterly meetings to begin 1 x service/setting to have achieved the One Small Thing TI Quality Mark
- Continue to support research proposals in partnership with UCLan to evidence outcomes