

AGENDA SUPPLEMENT

Health and Wellbeing Board

To: Councillors Runciman (Chair), Craghill, Cuthbertson,
Looker,

Dr Emma Broughton – Chair of the York Health and
Care Collaborative & a PCN Clinical Director

Sharon Stoltz – Director of Public Health, City of York
Council

Lisa Winward – Chief Constable, North Yorkshire Police

Alison Semmence – Chief Executive, York CVS

Siân Balsom – Manager, Healthwatch York

Shaun Jones – Deputy Locality Director, NHS England
and Improvement

Naomi Lonergan – Director of Operations, North
Yorkshire & York – Tees, Esk & Wear Valleys NHS
Foundation Trust

Simon Morritt – Chief Executive, York Teaching
Hospitals NHS Foundation Trust

Stephanie Porter – Director for Primary Care, NHS Vale
of York Clinical Commissioning Group

Mike Padgham – Chair, Independent Care Group

Jamaila Hussain – Corporate Director of Adult Social
Care and Integration

Date: Wednesday, 20 July 2022

Time: 4.30 pm

Venue: The George Hudson Board Room - 1st Floor West
Offices (F045)

The Agenda for the above meeting was published on Tuesday 12 July 2022. The attached additional documents are now available for the following agenda item:

- 3. Draft Joint Health and Wellbeing Strategy** (Pages 1 - 6)
This report presents a draft version for the Board's comments of the York Joint Health and Wellbeing Board Strategy 2022-32.

- 9. Progress Report: Citywide System Mental Health Transformation** (Pages 7 - 16)
This report is to provide an update on the Connecting our City mental health transformation project, and in particular the design and prototyping of a mental health hub model for York. A presentation will be tabled at the meeting

- 11. Presentation on the Day: Covid 19 Update: Recovery and Living with Covid** (Pages 17 - 26)
The Board to receive a presentation regarding Covid 19 Update: Recovery and Living with Covid.

This agenda supplement was published on Tuesday 26 July 2022.

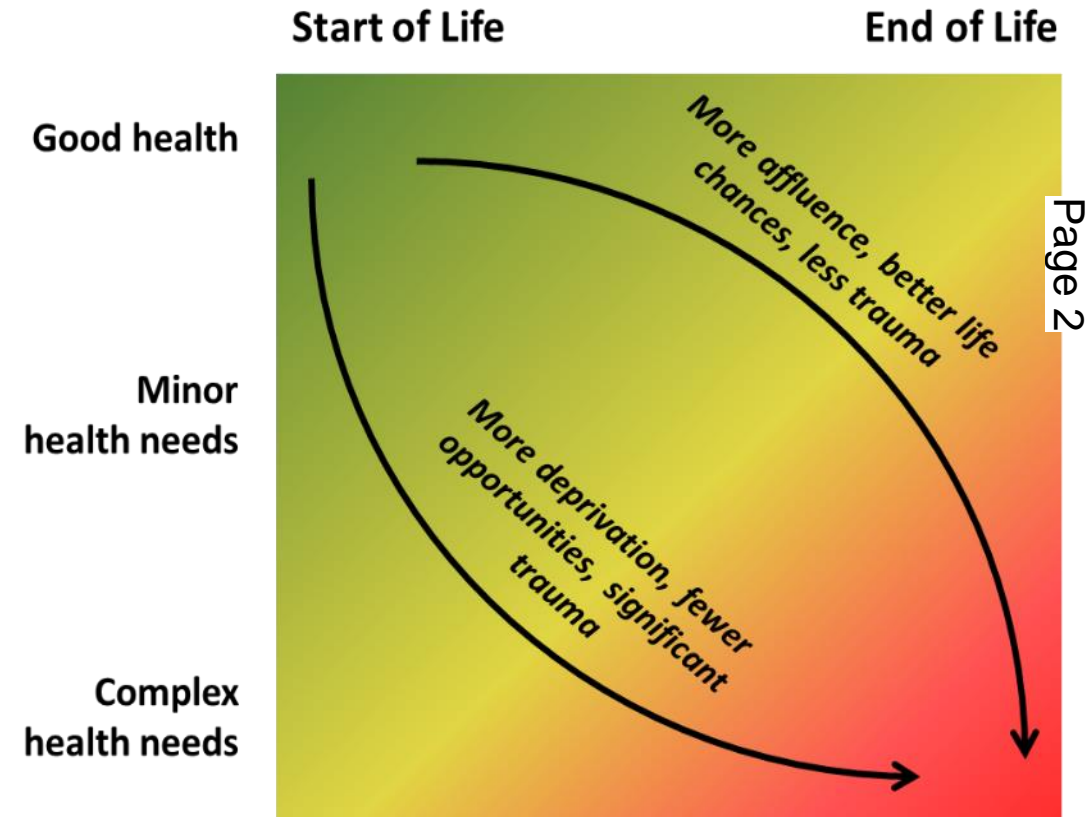
York Health and Wellbeing Strategy 2022-2032

Summary of draft for comments July 2022

Our Four Big Communities

These are the who; a description of four key groups in our population, and how good health is built up over the life course.

- York's children have the best possible start in life
- York's adults have equal access to things which produce health
- York's older adults flourish in an age friendly city
- Whenever they reach the end of life, people in York die well



Our Six Big Ambitions

This is the what:
the dreams we have for the
type of healthy city we want to be

BECOME A HEALTH-GENERATING CITY, where our starting point is that strong and supportive communities are the best medicine, where we build on the strengths of our people, and give our citizens the best possible chance of staying healthy, especially through three key building blocks of health: good housing, jobs and education

MAKE GOOD HEALTH MORE EQUAL ACROSS THE CITY, recognising that people in the poorest areas of York die ten years earlier than those in the richest areas, and to address this we need to deliver our services scaled at a level proportionate to people's need, and thereby reduce health inequalities

PREVENT NOW TO AVOID LATER HARM, acknowledging that two thirds of the gap in healthy life expectancy in York comes from preventable diseases, and therefore ensuring that prevention is in the job description of all health and care staff in the city in order to bring healthy lifestyles within reach of all our residents

START GOOD HEALTH AND WELLBEING YOUNG, giving special emphasis to the key formative early years of life as the best place our investment can go, creating from maternal/preconception health and beyond the conditions for our families, communities and young people to live healthy and flourishing lives

WORK TO MAKE YORK A MENTALLY HEALTHY CITY, ensuring that mental health and wellbeing is given the same attention as physical health, investing in the things which keep people happy and connected, and working together to support people quickly when they need it

BUILD A COLLABORATIVE HEALTH AND CARE SYSTEM with fewer dividing lines between organisations, creating a local culture of integration built by engaged and valued staff who listen to (and involve) our citizens, so that our care can be accessed by all, and is compassionate, high quality, financially and environmentally sustainable

Our Ten Big Goals

This is the how: the measurable, tangible improvements in outcomes we want to see for our population

10 BIG GOALS FOR HEALTH IN YORK		
1 OVERARCHING GOAL: reduce the gap in healthy life expectancy between the richest and poorest communities in York		
2 Support more people to live with good mental health, reducing anxiety scores and increasing happiness scores	3 Bring smoking rates down below 5% for all population groups	4 Reduce from 20% to 15% the proportion of York residents drinking to the Chief Medical Officer alcohol guidelines (under 14 units a week)
5 Reverse the rise in the number of children and adults living with an unhealthy weight	6 Reduce health inequalities in specific groups: people with a severe mental illness, a learning disability, from an ethnic minority, or a marginalised group	7 Reduce both the suicide rate and the self harm rate in the city
8 Improve diagnosis gaps in dementia, diabetes and high blood pressure, and increase the % of cancer detected at an early stage	9 Reduce sedentary behaviour and increase physical activity by 5% across the whole population	10 increase the proportion of carers and care users who have their desired amount of social contact

What's next

- Comments and amendments across the summer
- Analysis of findings from resident consultation and scrutiny process
- Publication of fully designed version after final approval at September HWBB
- Dissemination
- Delivery process for the strategy's life 2022-2032 agreed, including an outcomes framework and a proposal for how a meaningful action plan (yearly?) can be drawn up, monitored, and accountability built in

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A Network of Mental Health and Wellbeing Support Across York

City of York Priorities

Coproduction

Investment in the voluntary and community sector

Culture Change

Development of a mental health hub and hub network

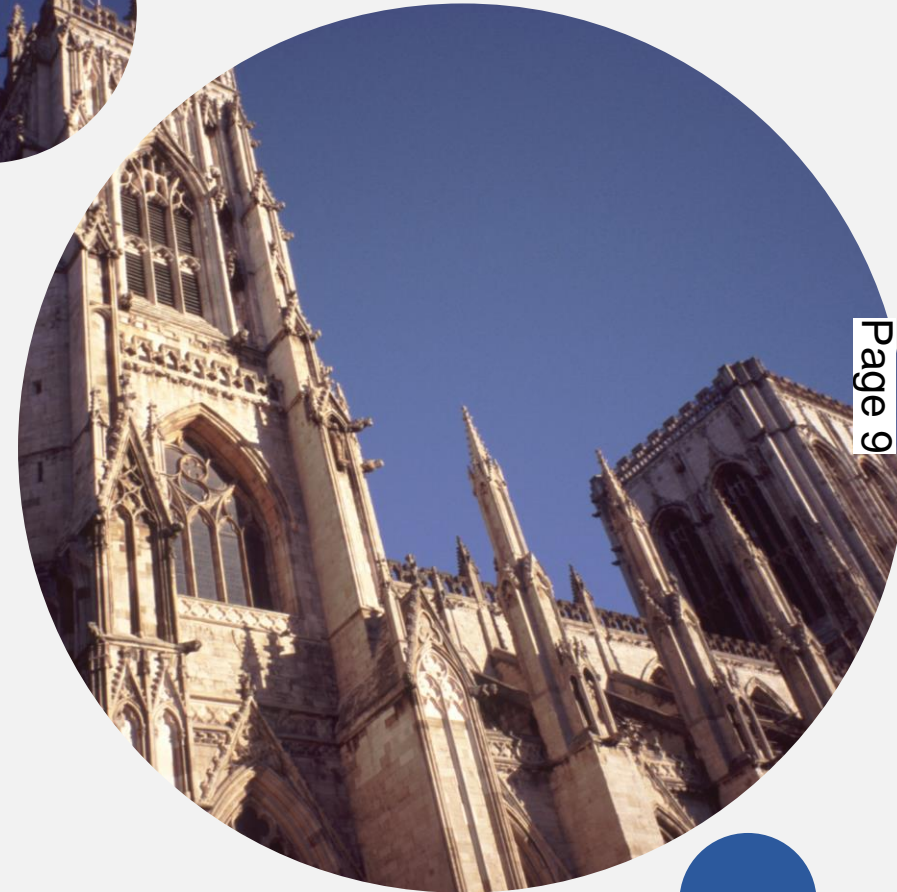
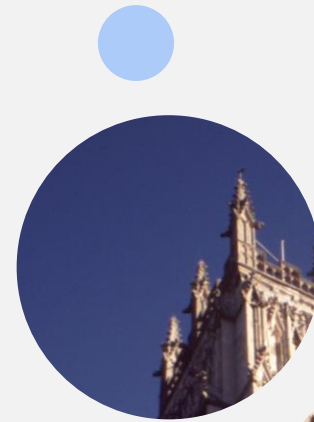
More link worker roles

Whole system, whole person, whole life



Development of a Mental Health Hub

- Working with the Innovation unit (national social enterprise) to design and prototype a hub model for York and share learning across North Yorkshire
- Co-design group have participated in four workshops to design the hub model
- Planning Group meeting fortnightly to operationalise this design so that it can be tested
- A 'good enough' hub team to begin prototyping in September



The journey so far

1

A group in York had a desire to do something different...

Key themes
Whole system redesign in place
Participation in work, community and social life
Service accountability to the community
Mentally different not mentally ill
Exclusion of coercion, seclusion and closed doors
Embracing individual stories, freedoms and strengths

Visit to Trieste



A visit to Trieste showed York what different could look like

No lanyards!

Strengths first!

No stigma!

2



The Connecting our City Partnership identified a mental health hub and network as a priority to start realising this vision



4

Creating the conditions for good work

Before the co-design workshops started the team created shared commitments...



Paying attention to power imbalances that might be in the room - making sure we're not perpetrating them

Not making assumptions about people. Some of us have really varied experiences and backgrounds

Remembering that listening is a gift!

Explored the challenge to consider what better looks like



lets explore What if?

Let's be radical



A Hub that disrupts the system and influences meaningful, lasting systems change

3

Building a strong design team

A team with a mixture of expertise and experience was brought together to go on a journey to design what a Trieste inspired Hub would look like in York



They brought on the Innovation Unit to support the development of this work through co-design and their expertise in facilitation and system change

Let's develop these ideas



Four co-design workshops to design what better looks like...

Principles of the Hub

No matter what form the Hub takes or evolves into in the future, below are the beliefs, approaches and values that underpin it what it looks like and how it functions.

A warm welcome
The hub feels warm, welcoming and is embedded as part of the community

There in the good times and bad times
People are asked what they need when they're well in preparation for when they're not

Flexible
The hub is flexible, working around people's needs and commitments to prevent further disruption to their lives

Understanding people
Understanding each other as individuals within our contexts rather than a set of symptoms to diagnose

Focus on strengths
A focus on what people and communities *can* do, not what they *can't*

Relationships matter
Relationships are based on respect, trust and reciprocity

Believing in better
Advocating to improve the conditions of people with unmet mental health needs, and influencing others in the city to do the same

Dignity and Respect
Recognising people as experts in their own lives, and treat them with dignity and respect

Inclusive
Accepting others without biases based on differences of any kind, and making sure everyone feels valued and accepted

Accessible
Making sure that everyone can access the hub's services and community in a way that works for them

The hub's role

We asked the design team and wider stakeholders what they saw being the key role of the Hub in York. We heard :

- The support and care is comparable to that of a loving family. It fills the gap between well and unwell. No referral or criteria necessary and people are supported to access mental health support in a way that suits them.
- Harnessing existing assets and expertise around York, the hub will ensure services are joint up and accessible, and communicate and feed back into them.
- People know they are seen for all that they are. It is the role of the hub to live, champion, and grow that shift in culture.

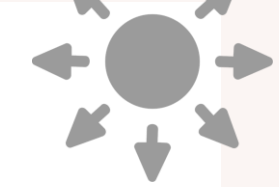
The hub plays a dual role in looking after individuals and the local community, and outward as a catalyst for system transformation. This includes :

- Leading good practice in York by demonstrating what better looks like e.g in terms of practice, co productive approaches.
- Leading the way in terms of enabling new ways of working between partners, showing it can be done and pathing the way for others to follow e.g integration, co productive structures, shared governance and systems.
- Finding opportunities to share learning on behalf of the system, and influencing others to change the way services are commissioned.

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It's a central anchor. Both connected into and connecting to a wider system

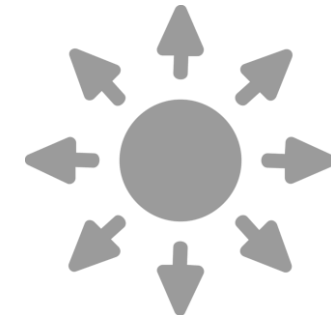
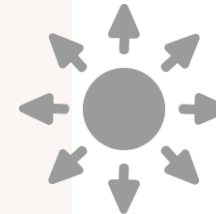
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The core role is supporting people with unmet mental health needs

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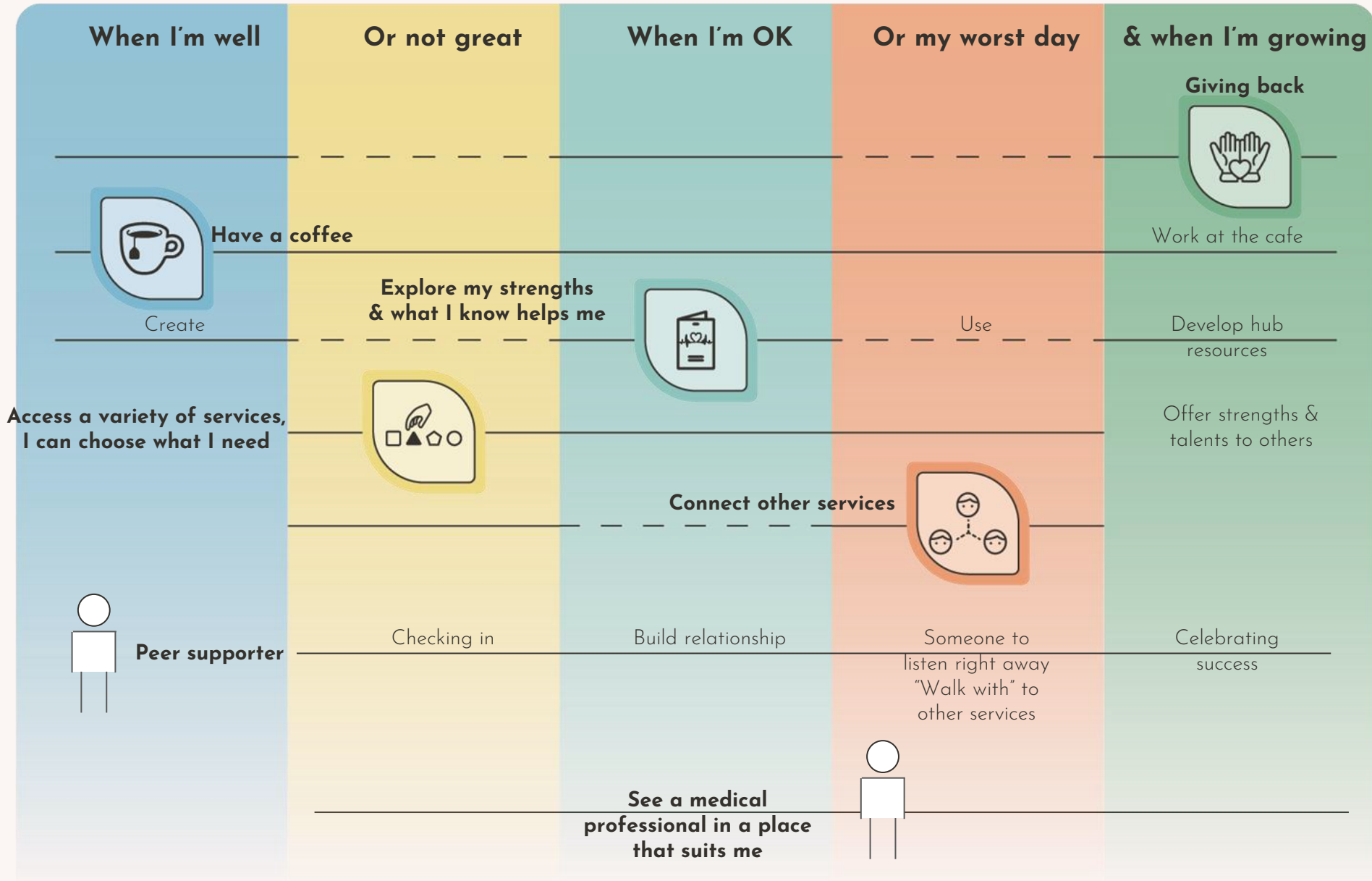
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Risk management. Support and belief in people

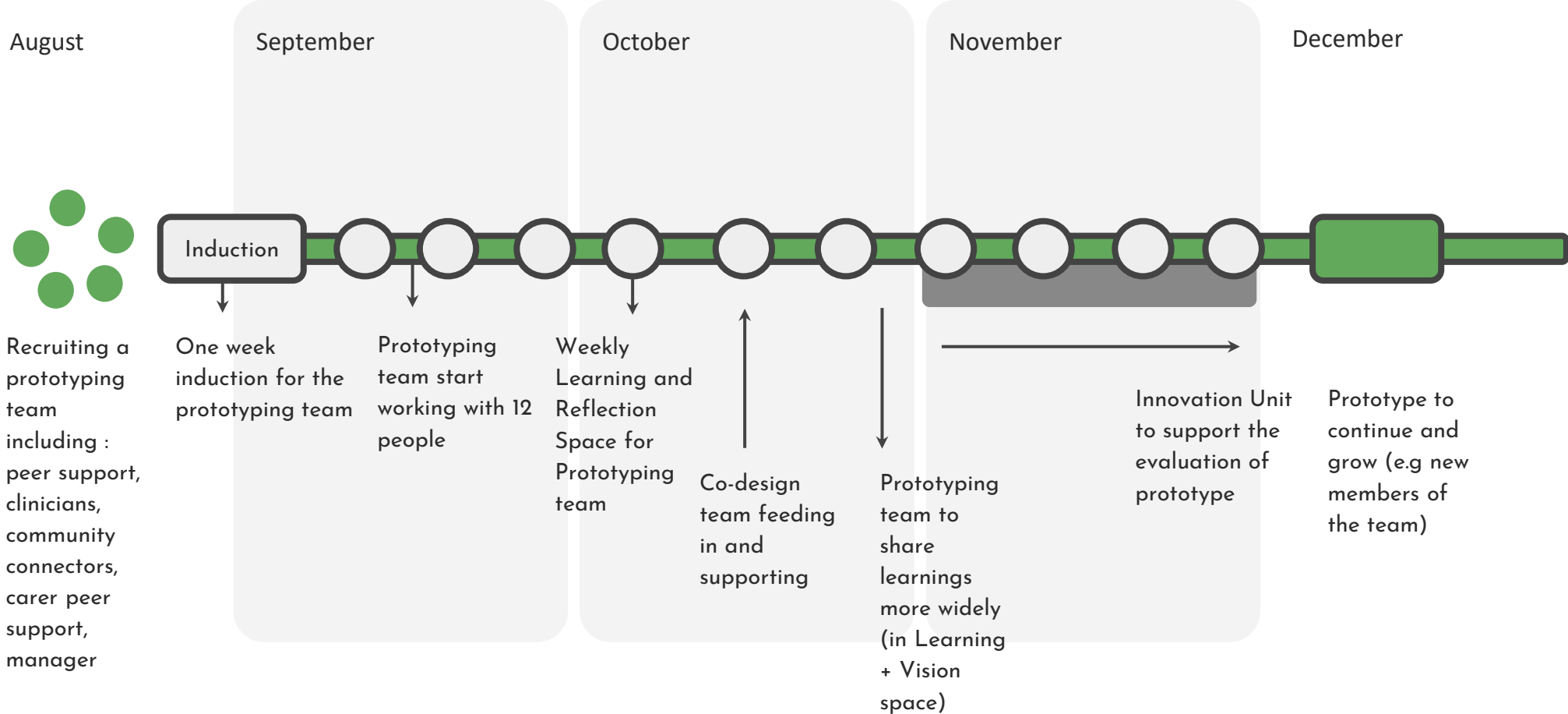
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Hub on a page

The hub is a place for me, however I'm feeling

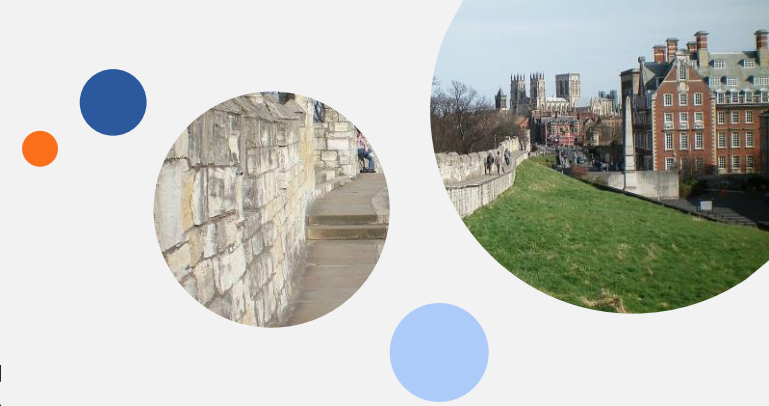


What it will look like?



Members of the Health and Wellbeing Board are asked to:

- Note the content of this report and its ongoing support of the Mental Health Partnership
- Support the request for staff to be released to participate within the hub prototyping process as relevant
- Ensure appropriate representation within the hub planning and leadership groups to ensure operationalisation of the hub design
- Notify us of any key meetings/forums where an update on this project would be helpful



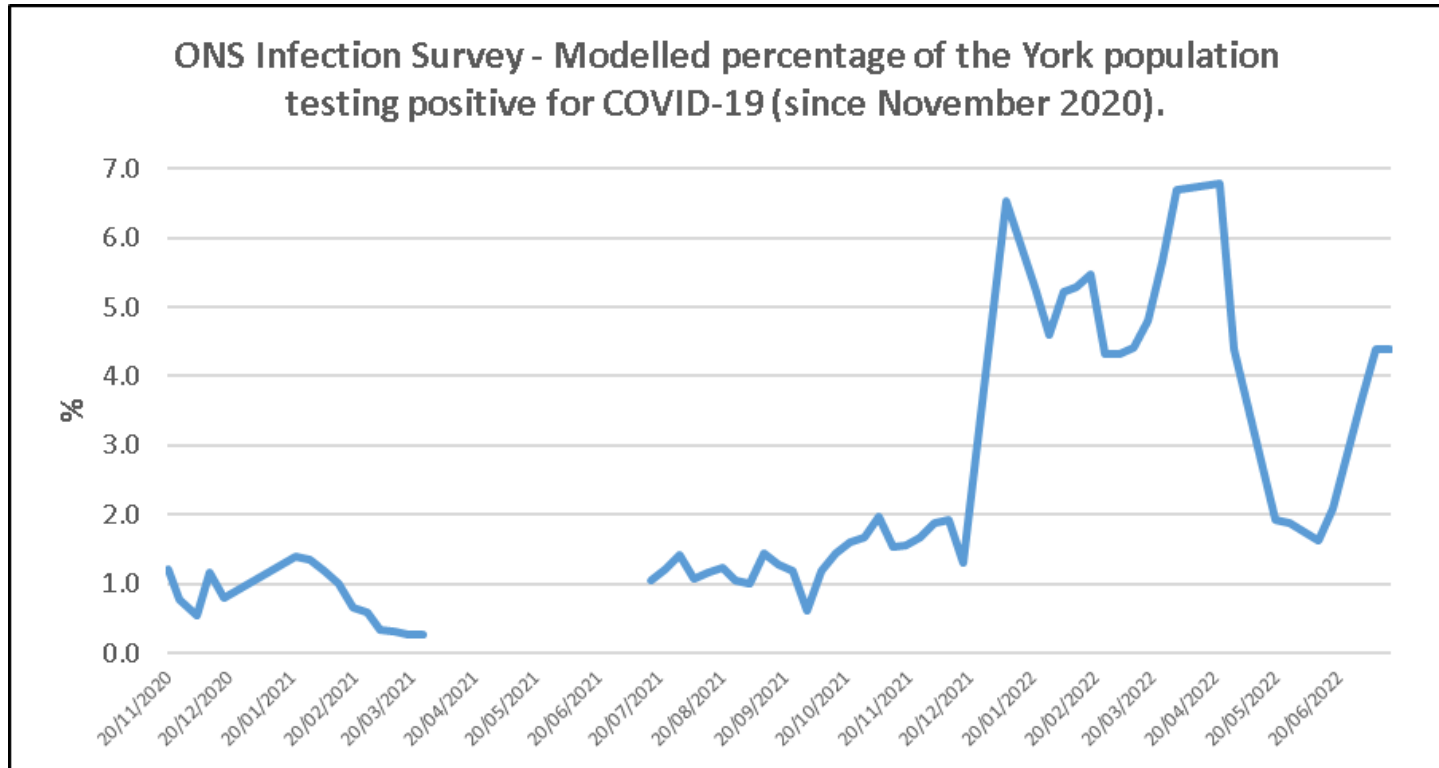
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Health and Wellbeing Board Covid-19 Update 20.7.22

ONS Covid Infection Survey

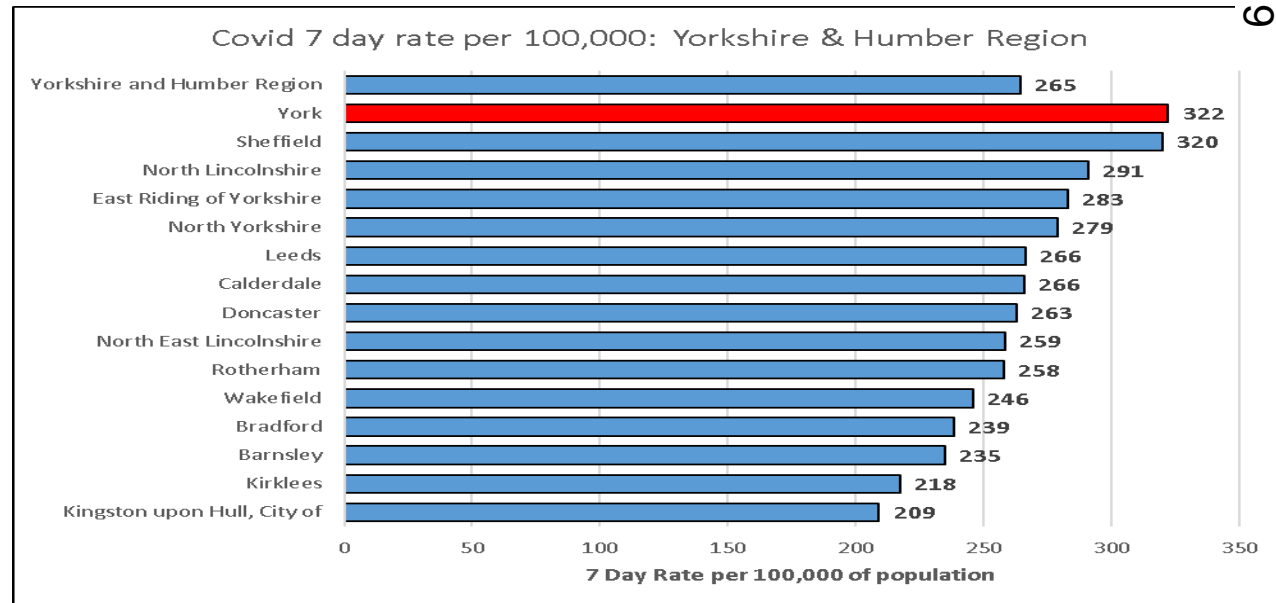
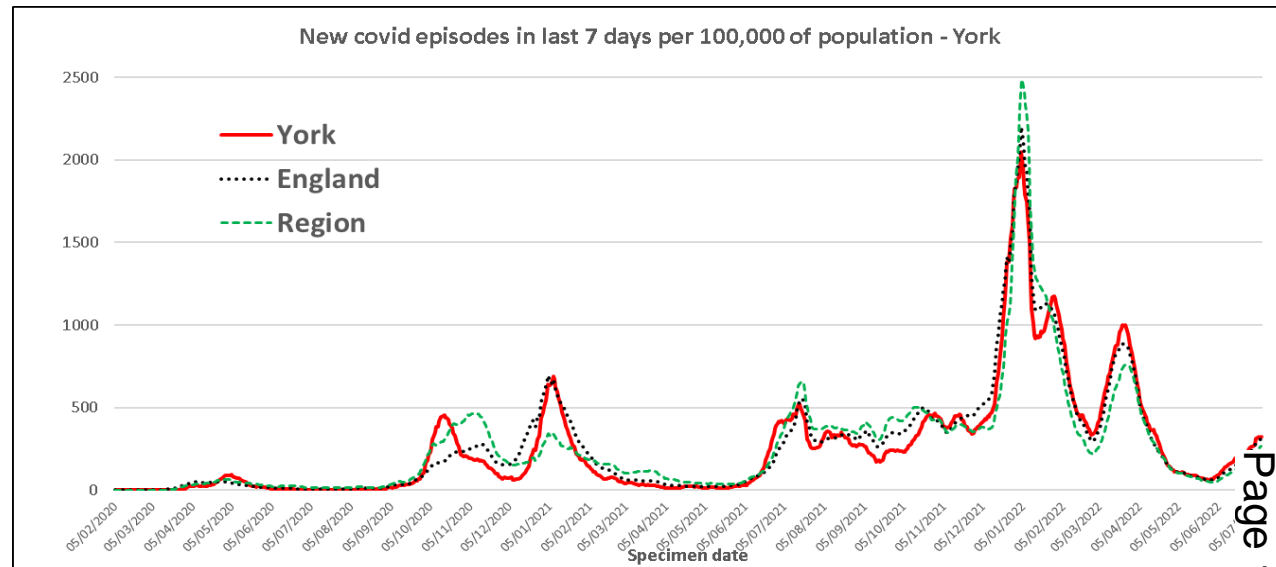
For the period 23.6.22 to 29.6.22 it is estimated that **4.39%** of York's population (about **1 in 25**) would test positive for Covid-19.

The trend in the modelled percentage of the York population testing positive for Covid-19 since November 2019 is shown in the chart below.



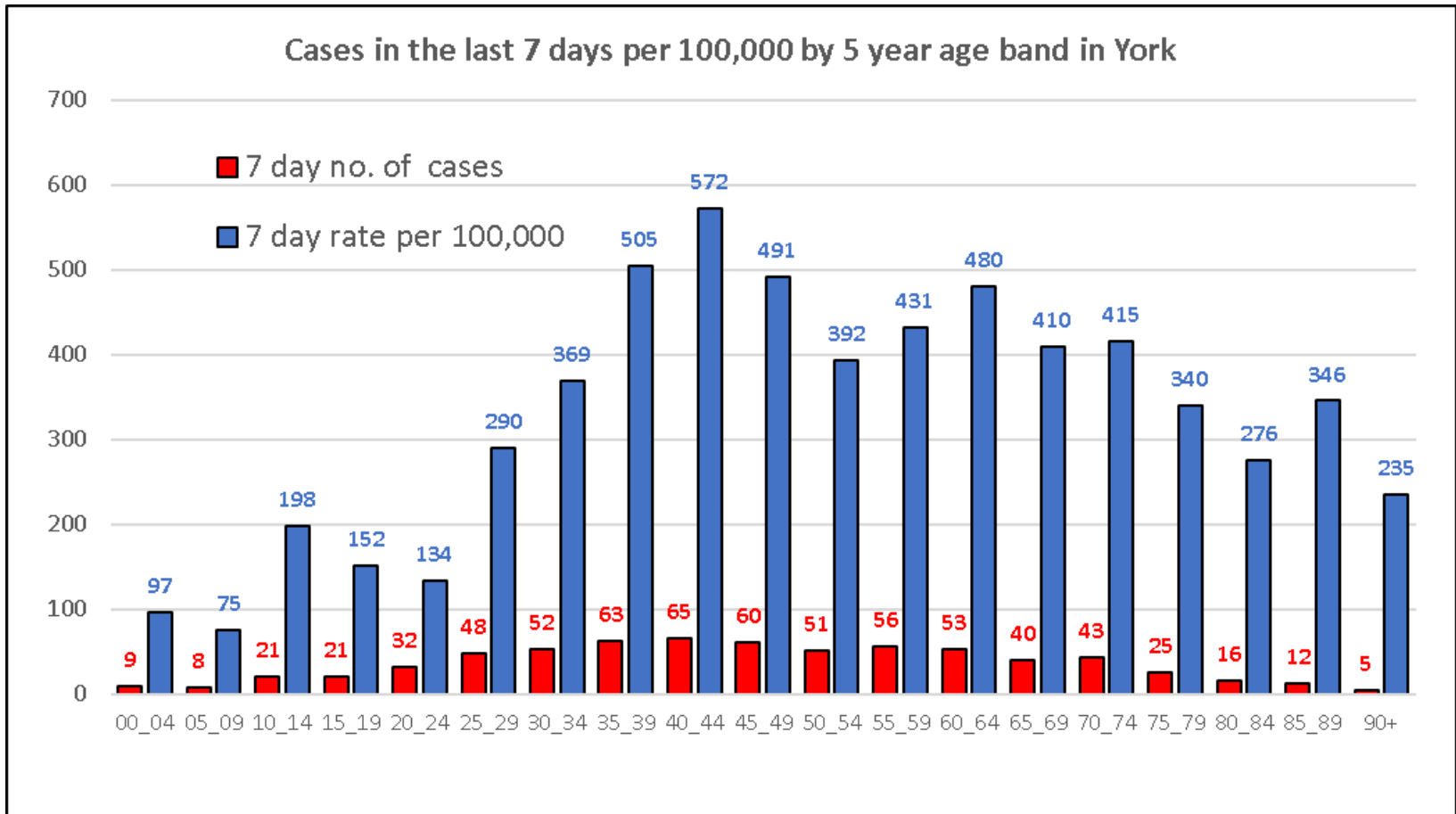
7 Day Incidence rates per 100,000

The latest official “validated” rate of new Covid episodes per 100,000 of population for the period 2.7.22 to 8.7.22 in York was **322.2** (680 episodes). The national and regional averages at this date were **309.4** and **264.6** respectively (using data published on Gov.uk on 13.7.22). The chart showing the data up to the Specimen date of 8.7.22 is shown below:



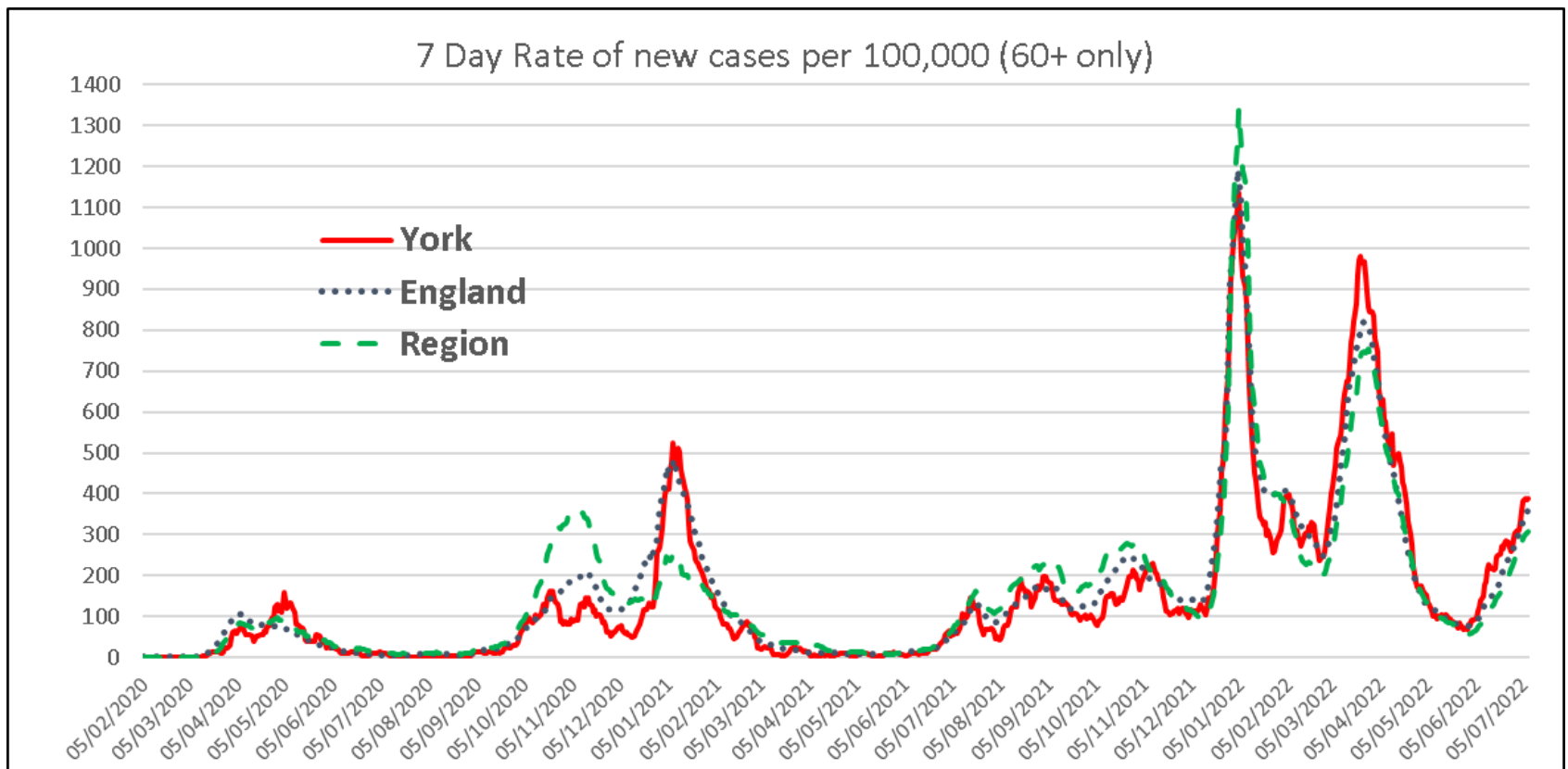
Rates by Age Band

Case rates are currently highest in the following age ranges: **40-44** (572 per 100,000); **35-39** (505); **45-49** (491) and **60-64** (480).



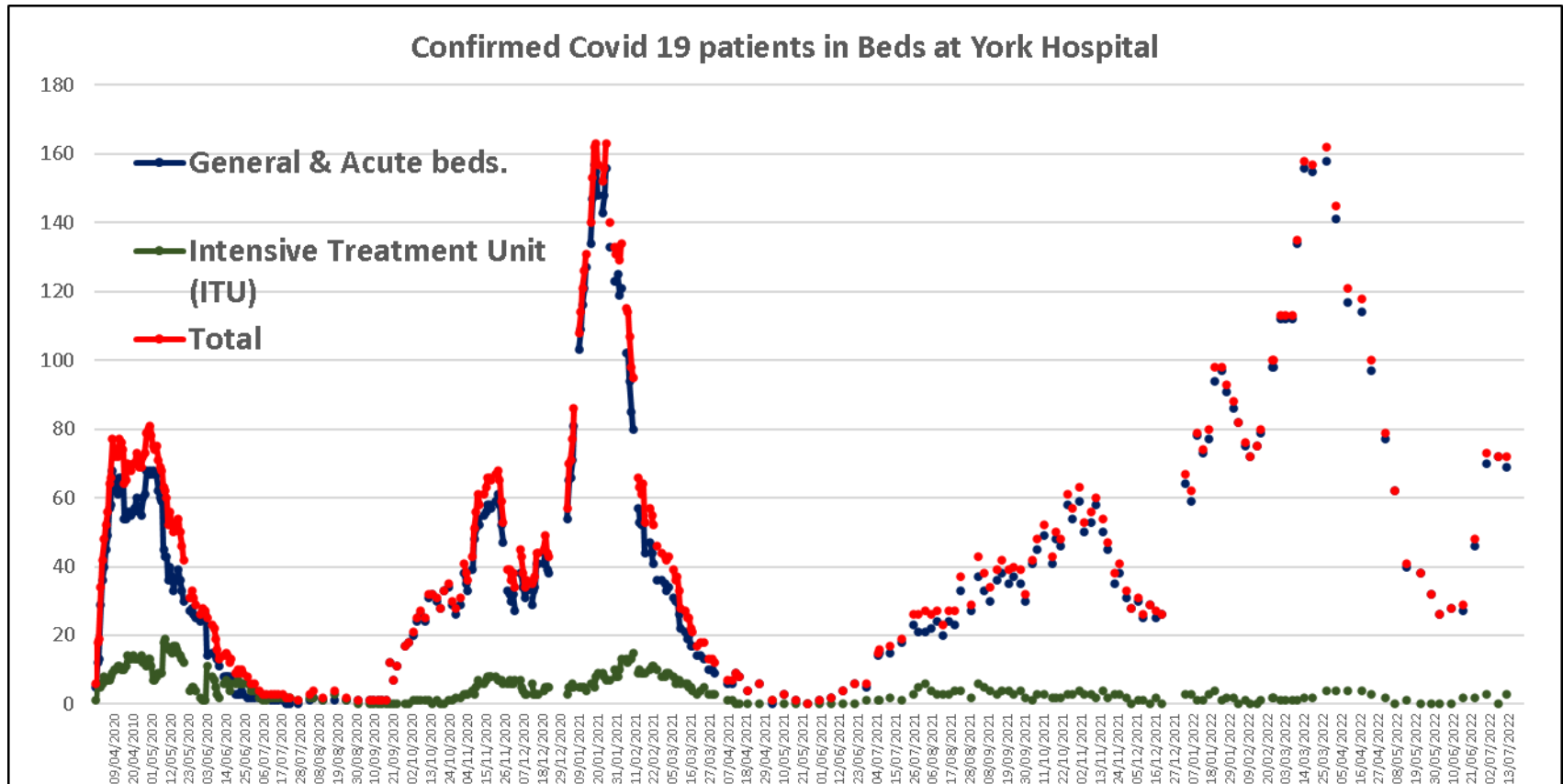
7 Day Incidence rates per 100,000: 60+

The rate of new Covid cases per 100,000 of population for the period 2.7.22 to 8.7.22 for people aged 60+ in York was **389** (194 cases). The national and regional averages were 359 and 307 respectively.



Covid Patients in York Hospital

As at 13.7.22 there were **69** people with Covid in a General / Acute bed and **3** in ITU.



Covid Deaths - ONS

ONS Weekly data: In the most recent period (2022 Week 27: 2.7.22 to 8.7.22) **2** Covid-19 deaths were recorded as having occurred for CYC residents. In weeks 26, 25 and 24 there had been **2**, **1** and **2** deaths respectively. Please note that due to lags in death registration, weekly totals are subject to revision.

ONS Cumulative data: Since the start of the pandemic, for deaths occurring up to 8th July 2022 and registered up to 16th July 2022, **513** Covid-19 deaths were recorded as having occurred for CYC residents (318 in hospital, 149 in care homes, 38 at home/elsewhere and 8 in a hospice). The number of deaths per 100,000 of population (using ONS 2020 Mid-Year Population Estimates) in York is **243.1** which is lower than the national average of **301.2**.

Vaccines Summary

Vaccinations for People aged 16+ (1st dose, 2nd dose and Booster)

- As at 18.7.22 a total of **159,159** CYC residents aged **16+** have had the first dose of the vaccine. This represents **89.3%** of the estimated (**16+**) population of York.
- As at 18.7.22 a total of **153,364** CYC residents aged **16+** have had both doses of the vaccine. This represents **86.0%** of the estimated (**16+**) population of York.
- As at 18.7.22 a total of **126,338** CYC residents aged **16+** have received the booster vaccine. This represents **70.9%** of the estimated (**16+**) population of York.

Vaccinations for People aged 12-15 (1st and 2nd dose)

- As at 18.7.22 a total of **5,782** CYC residents aged **12-15** have had the first dose of the vaccine. This represents **69.0%** of the estimated (**12-15**) population of York.
- As at 18.7.22 a total of **4,381** CYC residents aged **12-15** have had both doses of the vaccine. This represents **52.3%** of the estimated (**12-15**) population of York.

Vaccinations for People aged 5-11 (1st dose)

- As at 18.7.22 a total of **2,712** CYC residents aged **5-11** have had the first dose of the vaccine. This represents **18.1%** of the estimated (**5-11**) population of York.

Source: PHE Covid-19 Situational Awareness Explorer.

Living with COVID

Guidance unchanged:

- Be aware of symptoms
- Stay at home if you think you might have Covid
- Get vaccinated if eligible
- Wear a face mask when appropriate
- Meet outside if possible, good ventilation important
- Good hand and respiratory hygiene

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