

## Update from Councillor Carol Runciman - Chair of Health and Wellbeing Board (HWBB)

1. In June 2017 the Chair of the HWBB presented the Board's Annual Report to the Health, Housing and Adult Social Care Policy and Scrutiny Committee. This paper provides an update as to work undertaken by the HWBB since then. It is a snapshot of the work the board has undertaken since last report to this scrutiny committee.
2. **Formal Meetings:** there have been three formal Health and Wellbeing Board meetings since last reporting to this scrutiny committee. A new way of working has been introduced with the first half of each Health and Wellbeing Board meeting themed around one of the priorities in the joint health and wellbeing strategy 2017-2022. The second half of each meeting is focused on core business.
3. **July 2017: Starting and Growing Well:** the top priority in the joint health and wellbeing strategy for this theme is to provide *'support for the first 1001 days, especially for vulnerable communities'*. Additional priorities are *'reduce inequalities in outcomes for particular groups of children'*; *'ensure children and young people are free from all forms of neglect and abuse'*; *'improve services for students'*; *'improve services for vulnerable mothers'*; *ensure that York becomes a breastfeeding friendly city'*.
4. The Board received a paper detailing some of the ongoing work around this theme; whilst not exhaustive the paper provided the Health and Wellbeing Board with reassurance that work is ongoing in this area and there is much to be proud of.
5. The Corporate Director of Children's Services, Education and Communities is the Health and Wellbeing Board lead for this theme and he particularly highlighted the positive work of the new locality teams in developing a closer understanding of the communities with which they work and taking an early intervention approach to avoid problems escalating within families.
6. The children and young people's plan 2016-2020 is closely linked with the priorities in the joint health and wellbeing strategy and has a vision that children and young people are at the heart of our city and

everything we do. It has four priorities namely; early help; emotional and mental health; narrowing gaps in outcomes and priority groups.

7. Taking this into account the Health and Wellbeing Board agreed that a range of partnership mechanisms across the city (including but not restricted to the YorOK Board and the safeguarding children board) be used to deliver against the starting and growing well theme of the joint health and wellbeing strategy (2017-22). There are already multi-agency plans in existence that cover many of the key areas within the starting and growing well strategy theme; it would seem pertinent to use these rather than producing one single action plan.
8. The Health and Wellbeing Board also considered a suite of indicators to performance manage the starting and growing well theme and will be monitoring progress on:

- i. The increase in the percentage of mothers in York who are breastfeeding

Update

- *this continues to be a priority for the Healthy Child Service*
- *City of York Council is working collaboratively with North Yorkshire County Council to create an Infant Feeding Strategy which will look at how we can increase rates of breastfeeding across the city.*

- ii. Improvements in the timeliness of visits and reviews in the first year of life to at least the national average

Update

- *the appointment of the new Healthy Child Service Managers will be crucial in taking this work forward through understanding what barriers currently exist in the service.*
- *recently released data for 2016/17 has shown a slight increase in timeliness of visits.*

- iii. Reducing the variation in obesity levels between different wards in York

Update

- *Public Health is leading on two work streams to start to address this. One is the Daily Mile which involves getting school children to walk or run a mile each day. The other is a pilot scheme in Westfield around healthy lunchboxes.*

- iv. improved school readiness for the most vulnerable groups e.g. those on free school meals

Update

- *all visits undertaken by School Partnership Officers and Early Years Support Advisers to schools and settings continue to have a focus on this.*

- v. Reducing hospital admissions for tooth decay in children (working with the children's safeguarding board)

Update

- *more work is required in relation to the key performance indicator. Benchmarking against other similar areas needs to happen so that work can start on understanding what we need to do to improve children's dental health.*

- *the Director of Public Health is in negotiations with Public Health England to secure the placement of a Specialist Registrar in Dental Public Health for up to 12 months to take forward the work on oral health improvement across the city.*

- vi. More young people in York telling us they feel safe, happy and able to cope with things.

Update

- *surveys with year 8 and 11 pupils have taken place with a view to evaluating the impact of the school wellbeing service. 82% of children and young people that received direct work through the service said that they had had a positive experience.*

9. Also in relation to the starting and growing well theme the board approved a completed student health needs assessment. Students in further or higher education make up 15% of York's population and it is important that their specific health and wellbeing needs are fully understood. This was a great and comprehensive piece of work with students being well consulted.

10. The lead Health and Wellbeing Board member for the starting and growing well theme subsequently presented the needs assessment to the Higher York Board. The Higher York Board welcomed the report and collectively and as individual organisations expressed support for addressing this area of health and wellbeing.

11. September 2017: *Ageing Well: the top priority in the joint health and wellbeing strategy for this theme is to 'reduce loneliness and isolation for older people'. Additional priorities are 'continue work on delayed discharges from hospital'; 'celebrate the role that older people play and use their talents'; 'enable people to recover faster'; 'support the vital contribution of York's carer's'; 'increase the use of social prescribing' and 'enable people to die well in their place of choice'.*
12. The Health and Wellbeing Board lead for this theme is the Chief Executive at York CVS and she led a comprehensive discussion highlighting an excellent range of ongoing work in relation to the ageing well priorities. The Ageing Well CVS Forum has identified fuel poverty and transport as two important issues that contribute to loneliness and social isolation.
13. The Health and Wellbeing Board considered a suite of indicators to performance manage the ageing well theme and will be monitoring progress on:
  - i. more people telling us they have as much social contact as they would like

### Update

- *the Adult Social Care Outcomes Framework for 2016-17 shows that 50% of adult social care users surveyed in 2016-17 had as much social contact as they would like; amongst the older people this increased to 56% for those in residential care but only 45% amongst older people in the community*
  - *there is work ongoing in the wards supported by ward committee funding*
- ii. reducing the number of unnecessary admissions to hospital for older people

### Update

- *in the year to 31 December 2016 (latest data available), there were 1,427 emergency admissions per 100,000 registered patients to hospital for acute conditions in the NHS Vale of York Clinical Commissioning Group's area – this is a rate that has been steadily increasing.*

iii. reducing the number of delayed discharges from hospital beds

Update

- *there were 22 delayed discharges from York Hospital in the first quarter of 2017-18 compared to 38 in the corresponding quarter of 2016-17. There has been a focus in the York health and social care system on reducing delayed transfers of care.*
- *Delayed Transfers of Care remain a challenging area for services in York – the autumn has been a difficult period with signs of pressure increasing as we enter winter.*
- *the target for reduction in Delayed Transfers of Care is one of the four national conditions of the Better Care Fund policy framework and will be closely monitored by government over the next 18 months.*

iv. more older people still being at home 91 days after reablement or rehabilitation

Update

- *data shows that in 2016-17 79.2% of older people were living at home 91 days after being discharged from hospital. This is an increase from 2015-16 when the figure was 75.8%.*

v. more volunteering opportunities for older people

Update

- *this data is currently not collected*
- *City of York Council has a volunteering lead and a new volunteering strategy has recently been launched*

vi. more older people telling us they are happy with the care they receive and have done the groundwork to prepare for their end of life

Update

- *the Adult Social Care Outcomes Framework for 2016-17 reported that 62% of adult social care users surveyed in 2016-17 were either 'extremely' or 'very' satisfied with their care and support.*

14. As part of the ageing well themed meeting Health and Wellbeing Board also received a presentation on 'Ways to Wellbeing: York's Social Prescribing Service' – this service is designed to give people a little extra support at a time they need it most. By connecting

people into their communities the reliance on GPs is reduced and evaluation of the first year of the service showed that GP appointments reduced by 30% for those people referred to the Ways to Wellbeing service.

15. The Health and Wellbeing Board also received a report setting out the initial findings from the responses to the older people's survey. There were 912 responses to the survey and respondents generally reported good health. However further analysis of the survey results is underway and a more comprehensive report will be presented to the Health and Wellbeing Board at a future meeting.
16. **November 2017: Mental Health and Wellbeing:** the top priority in the joint health and wellbeing strategy for this theme is to *'get better at spotting the early signs of mental ill health and intervene early'*. Additional priorities are *'focus on recovery and rehabilitation'*; *'improve services for mothers, children and young people'*; *'improve the services for those with learning disabilities'*; *'ensure that York becomes a suicide safer city'* and *'ensure that York is both a mental health and dementia friendly environment'*.
17. City of York Council's Corporate Director for Health, Housing and Adult Social Care and the Accountable Officer at NHS Vale of York Clinical Commissioning Group take the lead for the Health and Wellbeing Board on this theme. The Board received a paper from them detailing some of the ongoing work around this theme; again whilst not exhaustive the paper provided the Health and Wellbeing Board with reassurance that some significant work is ongoing in this area.
18. Two key pieces of work for the board are around developing both an all age mental health strategy and an all age learning disabilities strategy. These will be presented to the Health and Wellbeing Board in 2018. An initial draft of an all age mental health strategy has been through a period of consultation. Taking the responses received as a whole some common themes emerged from the consultation feedback including:
  - the vision in the draft strategy needs to be more inspirational
  - a better explanation of how can the city can move towards a different model of mental health care is needed
  - the strategy should be short and succinct and should focus on the strategic direction for the future

- the strategy needs to be presented in a similar style and format to the joint health and wellbeing strategy.
19. Taking the above into consideration alongside the references made in the consultation to a wide variety of specific themes (e.g. self harm, suicide prevention, student mental health, transitions, children and young people, co-production, safeguarding) it became apparent that the mental health strategy still needed further work and a final draft will be presented to the Health and Wellbeing Board in 2018.
  20. In addition there has been some well received collaborative work to refurbish Sycamore House which reopened in the summer as 30 Clarence Street. This work has brought together three distinct services under one roof – adults’ mental health recovery; young people’s services and a Safe Haven.
  21. Finally, to round off the mental health and wellbeing themed meeting the Health and Wellbeing Board received another excellent report from Healthwatch York focused around child and adolescent mental health services. The report was well received by board members and will now be considered by the multi-agency strategic partnership: emotional and mental health (children and young people).
  22. However if the recommendations within this Healthwatch York report are to be progressed it will be important to move to a genuine joint commissioning approach for children’s emotional health and wellbeing.
  23. Again the Health and Wellbeing Board considered a suite of indicators to performance manage the mental health and wellbeing theme and will be monitoring progress on:
    - i. access to and take up of talking therapies

### Update

- *the rate of IAPT referrals increased by 75% between 2014/15 and 2016/17; this is because of an increased offer to the population of York. The rate of referrals remains below the regional and national average and more work needs to be done to make it widely available*

- ii. dementia diagnosis within primary care

Update

- *the number of people aged over 65 predicted to have dementia is around 2,800*

- iii. the aim to reduce premature deaths among people with severe mental illness

Update

- *the mental health team in City of York Council is moving to a 'co-location' model which is focusing on early intervention and protection for service users*

- iv. the aim to reduce the number of people admitted to hospital following a self harming episode

Update

- *recent figures for York show that there has been a significant increase in the rate of people aged 10-24 being admitted to hospital because of self harm. The local suicide prevention task group is working with health care services to develop action plans to respond effectively to self-harm.*

- v. regular sharing of information between GPs and CYC about people with learning disabilities

Update

- *there is a facility where GPs and CYC can share information about those with learning disabilities however this is not always used. The client would need to agree with the GP that their information can be shared and GPs are not obliged to let CYC know when learning disability clients visit them.*

- vi. more people telling us that they and their families feel well supported through a crisis and afterwards

Update

- *York Mind report that they are seeing more people whom define themselves as being 'in crisis'. There is a 16-18 month wait for IAPT services and counselling needs are an increasing issue in the city.*



24. **Key pieces of work** – in addition to the above which focuses on the board's joint health and wellbeing strategy the Health and Wellbeing Board have considered the following:

- **Creation of a HWBB Steering Group:** the Joint Strategic Needs Assessment/Joint Health and Wellbeing Strategy Steering Group has now been replaced by the Health and Wellbeing Board Steering Group with Terms of Reference for this group being signed off at the July meeting. Many of the functions of the group are the same but additional responsibilities include managing the business on the board's agendas. Additionally a new Joint Strategic Needs Assessment (JSNA) Working Group has been created to lead the work on the JSNA; this reports to all HWBB Steering Group meetings.
- **A refreshed JSNA:** the JSNA for the city has now been refreshed. This is solely a web based document and has been redesigned to mirror the life course approach of the joint health and wellbeing strategy. There will be a JSNA road show with events running from late October 2017 into 2018.
- **Better Care Fund (BCF):** the integration and BCF narrative plan 2017-19 were submitted on 11<sup>th</sup> September 2017. The national assurance process is carried out during the autumn and has several stages. The York plan was not approved at the first stage and was therefore included in the national escalation process. The plan did not meet NHS England expectations on two key areas (requirements on minimum financial expenditure for carers and reablement and the target for delayed transfers for care). Further clarification was provided on the minimum expenditure and partners in York agreed to re-profile our trajectory to achieve the 3.5% of occupier bed days target for Delayed Transfers. A subsequent stage in the assurance process has been required. York has provided a revised plan which is anticipated to meet the four national conditions. We await the final outcome of this process at the time of writing.
- **Care Quality Commission (CQC) Review:** a local system review has taken place. It was a review of the whole system and not of individual organisations and sought to answer the question '*how well do people move through the health and social care system?*' The review focused on older people with complex needs and co-morbidities who become delayed in hospital. The final report will

be contained within the papers for the January 2018 Health and Wellbeing Board.

- **Safeguarding reports:** Health and Wellbeing Board have received and discussed the annual reports from both safeguarding boards.
  
- **Future in Mind: Local Transformation Plan:** this plan sets out the vision and steps to transform the way services support children and young people's emotional and mental health. The plan outlines both NHS mandated and local priority themes and requires sign off by the Health and Wellbeing Board:
  - community eating disorder services across York and North Yorkshire (NHS mandated)
  - development of 'children and young people's IAPT' principles: these focus on workforce development, service transformation and patient experience (NHS mandated)
  - promotion, prevention and early intervention (local priority)
  - easier access to support
  - support for the most vulnerable

25. **Building Relationships** – as Chair of the HWBB I continue to meet with key partners in the city including, the Chairs of the CCG, York Teaching Hospital NHS Foundation Trust, Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV) and the Chairs of both the Adults Safeguarding Board and the Children's Safeguarding Board..

26. **Communications** – Health and Wellbeing Board now produce a seasonal newsletter. The first of these was published in April 2017 and focused on introducing the lead Health and Wellbeing Board members; the second in September 2017 with a focus on starting and growing well. A third will be published in December and will contain articles on both the ageing well and the mental health and wellbeing themes of the joint health and wellbeing strategy.

**Cllr C Runciman**

**Chair of Health and Wellbeing Board**

**November 2017**