



Health and Wellbeing Board 18 January 2018

HEALTHY LIVES - HEALTH AND WELLBEING DELIVERY GROUP

Responsible Officer

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1. Summary

This paper provides an update on the Healthy Lives Programme (attachment 1), since the previous report including the updated Social Prescribing Business Case (attachment 2), including the scope and proposals for the creation of an integrated team model that supports locality need.

The paper provides progress made against each of the main programme areas. A summary of highlights is provided below with further detail in Appendix 1.

Healthy Lives

The provision of clinical care has been shown to have less impact on people's health than their lifestyle behaviours and the conditions in which they live. The Healthy Lives programme has been developed by Shropshire Council in partnership with the NHS and the community, voluntary and social enterprise sector to take a population-based approach to keeping people well in their local communities, building on existing assets

All age Carers Strategy

Agreed strategy in place and linked to Social Prescribing, Safe and Well visits and dementia companions. A number of actions have been achieved in the past six months covering individual carer health, referrals to Safe and Well Fire and Rescue visits, development of new roles to support carers (hospital discharge processes and community based), more generic awareness raising, and developments linked to Young Carers.

Diabetes Prevention

Local work (through Help2Change) has progressed with a number of GP practices to develop a pre-diabetes protocol with the delivery of evidence based Expert Patient (on pre-diabetes) sessions covering advice, guidance and information to patients including ongoing community support. The sessions have been well received by patients and practices. Strategically work has progressed with the CCG and NHS England on the National Diabetes Prevention Programme, Shropshire is currently awaiting the outcome following the evaluation of the tender in January 2018.

Safe and Well visits –

Shropshire Fire and Rescue Service working with the Council are delivering Safe and Well visits across the county. The model expands Fire Service Home Safety Checks and includes the identification of health and wellbeing issues including, home warmth, falls, lifestyle choices (smoking, physical activity), and isolation and loneliness (including a focus on carers).

The programme has referred 104 people to services for additional support, and the most common referrals are around falls and social isolation.

Recent press coverage took place on the programme linked to Staying Well this Winter and an excellent promotional video has been produced of the impact.

<http://shropshire.gov.uk/news/2017/11/new-video-shows-partnerships-local-communities-improving-lives-local-residents/>

Social Prescribing Demonstrator Site

Operational in the Oswestry and Ellesmere area with referrals from 4 GP practices, Adult Social Care, the VCS, Family Matters, and mental health services. Referrals are made to a trained advisor who works on a one to one basis with individuals to identify their concerns and goals. Eighteen local voluntary sector providers have been quality assured and able to offer approximately 50 interventions. The programme is being independently evaluated by Westminster University. All four practices are participating in this with a focus on cardiovascular risk, loneliness those with lifestyle risk factors, with mental health difficulties and carers. Issues identified currently are concerns over loneliness, debt and benefits advice, lifestyle issues such as weight and mental health. The programme is expanding into different areas, with new practices coming on board and interest from others. These include:-

- Bishops Castle
- Albrighton
- Brown Clee
- Our Health Partnership a consortium of six practices across the south of the county, and north of the county.
- Shewsbury practices.

An application for funding, led by the local voluntary sector, Qube was submitted in November to the Department for Health & Wellbeing Fund (including a partnership agreement with the CCG). to expand the programme to other parts of the county.

The outcome is expected in January 2018. (Appendix 2)

A full business case has been developed. (Appendix 3)

Work is progressing to develop a model of support across Primary Care and Adult Social Care to support people access the right services in their community. An initial workshop recently took place with agreement between partners to progress this. Additional meetings are in place to progress this in Jan/Feb 2018. The purpose is to work with current functions within teams such as Community Care Co-ordinators, Let's Talk Local and Social Prescribing with the goal of supporting new community services models of working for Shropshire. The developing model is attached as Appendix 4.

Shropshire Council chairs the Midlands Regional Social Prescribing Network and was recently featured on the Midlands Sunday Politics Show on 21/12/2017. The clip is attached. The feature starts at 50.45 and lasts until approx. 59 minutes.

Shropshire comes in from 53 minutes.,

<https://www.bbc.co.uk/iplayer/episode/b09hzjld/sunday-politics-west-midlands-17122017>

Falls Prevention/Musculoskeletal Health and Physical Activity

Physical activity can be a solution to many health problems but more importantly if worked into daily routines can be a positive way of preventing many conditions from occurring in the first place. The Shropshire approach incorporates a series of targeted programmes aimed at improving certain health conditions, working with people who are at risk, reducing the number of people having falls, improving self management of musculoskeletal conditions, and positively impacting on mental health. Alongside this is a population based programme encouraging all residents to be more active (the Everybody Active Everyday model), as well as encouraging physical activity through the outdoor partnerships active volunteering programmes such as Walking for Health, and Parish Paths Partnerships.

Future Planning and Housing

Extensive and innovative work is taking place within the housing department covering the development of physical assets such as housing, different models to support hospital discharge and the use of telecare. This includes work on purpose built high spec bungalows accommodating, the development of a Health Village (incorporating a community hub and GP surgery), testing the use and application of telecare, the promotion and use of discretionary grants to support vulnerable clients from energy efficiency initiatives to equipment for replacement items to avoid hospital or residential care admission.

As a reminder the Board has previously received iterations of the business case, the proposals for future development which is dependent on taking a whole system approach to reducing demand on services and relies on working together in partnership to deliver activity; it works across organisations and partnership groups and supports integration across health and care as set out in the Health and Wellbeing Strategy and is an integral component of the STP Out of Hospital Workstream. The Delivery Group (now the Joint Commissioning Group) has received and endorsed reports and the business case on Healthy Lives and Social Prescribing.

Recommendations

- a) 2.1 To discuss and support the continued expansion of the Healthy Lives Programme, the model of social prescribing and the model of integrated working around Primary Care and Adult Social Care
- b) 2.2 To receive and endorse the Business Case for Social Prescribing.

REPORT

2. Risk Assessment and Opportunities Appraisal

2.1 The HWB Strategy requires that the health and care system work to reduce inequalities in Shropshire. All decisions and discussions by the Board must take into account reducing inequalities.

2.2 The component parts of Healthy Lives and other system planning have been done by engaging with stakeholders, service users, and patients. This has been done in a variety of ways including through patient groups, focus groups, ethnographic research. The STP plan as a whole will require engagement and consultation in the future.

3 Financial Implications

There are no direct financial implications as a result of this paper, for decision. However, the prevention element of system planning will require financial input and commitment and the Board is asked to endorse investment in prevention activity. In addition future integration and transformation processes may impact on budgets and service delivery.

4 Background

4.1 Healthy Lives is part of system plan through the Better Care Fund and the STP and is made up of the following programmes – 3 HWBB Exemplars highlighted in bold:

- Social Prescribing
- Falls Prevention,
- **CVD & Healthy Weight and Diabetes Prevention,**
- **Carers/Dementia/UTIs,**
- **Mental Health,**
- Future Planning & Housing,
- COPD/ Respiratory & Safe and Well
- Musculoskeletal health (MSK)

4.2 Healthy Lives is supported by a Steering Group that reports to the HWB Delivery Group / Joint Commissioning Group and the Out of Hospital Programme Board

(Terms of Reference of the HWB Delivery Group/ Joint Commissioning Group is under review).

4.2 The approach of Healthy lives has been endorsed by Optimity review (included in the May 2017 HWBB report) with recognition of population health programmes, a framework for population health (Healthy Lives) and robust project documentation, data on population health need, and individual programmes of work (including social prescribing) and governance. The programme leads regularly update on documentation, progress and metrics with regular reports presented, scrutinised and discussed at the Healthy Lives Steering Group meeting chaired by Public Health.

List of Background Papers (This MUST be completed for all reports, but does not include items containing exempt or confidential information) :
<https://shropshire.gov.uk/committee-services/ieListMeetings.aspx?Committeeld=217>

Cabinet Member (Portfolio Holder)

Lee Chapman

Local Member

Appendices

1. Additional Detail on Healthy Lives Programmes
2. Partnership Agreement to Support the Social Prescribing Bid to the Health and Wellbeing Fund (2017)
3. Social Prescribing Business Case – November 2017
4. Summary Presentation on Model of Support Across Primary Care and Adult Social Care