

Health and Wellbeing Board

Meeting Date: 5th March 2020

HWBB Joint Commissioning Report – Healthy Lives Update

Responsible Officer: Val Cross, Health and Wellbeing Officer/Healthy Lives Co-ordinator

Email: val.cross@shropshire.gov.uk

1. Summary

1.1 This report provides updates for 'Healthy Lives,' the Partnership Prevention Programme of the Health and Wellbeing Board.

1.2 It includes information about developments and partnership working for: Cardio-Vascular Disease (CVD) risk prevention; Physical Activity – Elevate; Social Prescribing and details of a submitted bid for funding.

2. Recommendations

2.1 That the Board notes and supports the ongoing work.

REPORT

3.0 Background

3.1 Healthy Lives is the name of the prevention programme of the Health and Wellbeing Board. Partners across health, social care and the voluntary and community sector are working together proactively rather than in isolation, to reach Shropshire's residents before their health or condition develops or gets worse.

3.2 Healthy Lives is a proactive and reactive programme, where these partner organisations are combining to innovate, make the best use of their human and monetary resources, and individual knowledge and expertise to help make a difference to Shropshire people. Evidence base is used for in all Healthy Lives work. Figure 1 illustrates some of the main partners.

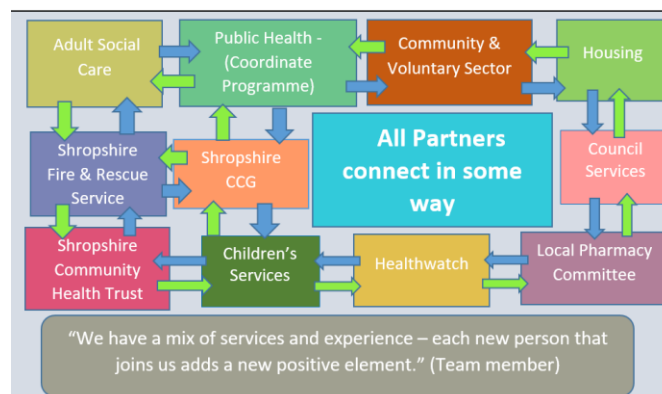


Fig. 1 Examples of Healthy Lives Partners for illustrative purposes

4.0 Programme updates

4.1 Cardio-Vascular Disease (CVD) risk prevention - Use of AliveCor Kardia Atrial Fibrillation (AF) testing devices in the community

- 4.1.1 As part of a proactive approach to reach people early, before their condition gets worse, identifying opportunities to test for AF within community settings is always being sought.
- 4.1.2 As at 17th February 2020, there have been 185 interactions with people in Shropshire Pharmacies. There is much higher activity in Telford & Wrekin pharmacies, and although there is better density of population in this area, there are further opportunities to develop AF work locally. Data (which is combined across Shropshire and Telford & Wrekin) has detected 57 possible risks of AF.
- 4.1.3 Opportunities are sought to use the devices at events and conferences, and AF testing will be offered at the Healthwatch conference in March, and opportunities for screening within the Council workforce are being discussed.

4.2 Physical activity - Elevate

- 4.2.1 'Elevate' is an evidence based programme, funded through the IBCF and delivered by a local provider. It is delivered by local experienced instructors in Postural Stability Instruction (PSI). The sessions build on core strength i.e. strengthening muscles to maintain strength and balance, rather than becoming muscular and is aimed at those aged 65+ who are a bit unsteady on their feet, and at risk of falling, rather than frail.
- 4.2.2 The latest contract report (August to November 2019) has demonstrated good results. Although numbers have slowed this quarter with 66 referrals, a total of 651 people have now been referred, with more (375) self-referring.
- 4.2.3 Shrewsbury, Oswestry and Ludlow have the greatest demand, and there is a good spread of classes countywide including; Pontesbury, Bishops Castle and Clun which have developed following proactive action from Community & Care Coordinators and GP surgeries working in partnership with the instructors.
- 4.2.4 The largest referral group for the quarter (aside from self-referral) have been the Rural Communities Charity (RCC) and the Falls Team.
- 4.2.5 Timed up and go scores (time taken to walk around a chair and back) to date, have shown; 78% of people have improved, 10% have maintained and 12% have slowed / declined – but it was noted that this group reported they may have been 'rushing around' more and needed to slow down.
- 4.2.6 Positive feedback from people attending the classes has included:
"I arrived feeling lethargic, drained & soon feel transformed. Like plugging into a light socket"
"Learning how to get up off the floor has given me the confidence to have my first bath in 2 years"

4.3 Social Prescribing

- 4.3.1 Social Prescribing is progressing very well. There have been 761 referrals to the service to date, with all areas showing an increase in referral numbers. The top reasons for opportunistic referrals continue to be: risk of loneliness / social isolation; mental health difficulties; long term conditions and lifestyle risk factors. Referrals in the 49 and under age group are noticeably increasing, which is a positive development in terms of access.
- 4.3.2 Healthwatch are continuing their insight work, and have met with focus groups comprised of young adults, and use of an on-line questionnaire. The aim of this research is to investigate what this age group understand about social prescribing, and what type of referral activity would appeal to them. This is to help inform the Children and Young People's Social Prescribing work taking place.

4.3.3 Collaborative work continues with Primary Care Networks.

4.4 LGA/Health Foundation bid

4.4.1 An Expression of Interest funding bid for 'Shaping Places for Healthier Lives' was submitted to the Local Government Association/Health Foundation on the 16th of January 2020. The bid title is 'Food insecurity in rural communities', with the focus being south west Shropshire.

4.4.2 The bid detail was well supported alongside our colleagues in the Shropshire Food Poverty Alliance, and a working group which was formed when the bid was being developed. Partners in this working group and supporting organisations included representation from; Shropshire Food Poverty Alliance, Citizens Advice, Shropshire Youth Association, Healthwatch Shropshire Council; (Early Help, Healthy Child Programme; Public Health; Early Years and Childcare; Adult Social Care; Shropshire Outdoor Partnerships); Elected Members; a local GP; Shropshire STP and Shropshire CCG.

4.4.2 We were very pleased to be one of the 30 Councils selected from 110 applications, to get to the second stage. Work is now happening to submit this next application, which needs to be submitted in March. We are hopeful that we will be successful again, and secure funding to take this work forward.

4.5 Community Wellbeing and Social Prescribing Workshop - Building and nurturing good health and wellbeing in our communities and with our communities

4.5.1 A Community Wellbeing and Social Prescribing Workshop was held on the 12th December 2019. This was an opportunity to acknowledge the progress that has been made so far with the model of social prescribing, but also an opportunity to look at our future vision, agree the principles and also to consider how some of the programmes could be brought together.

4.5.2 The focus of the workshop was exploration of how we build and nurture health and wellbeing in our communities and included consideration of how we build on our community's assets, opportunities around social prescribing practice and building skills around health and wellbeing.

4.5.3 The workshop was well evaluated, and was attended by a mixture of organisations and services which included: Voluntary and Community Sector organisations (QUBE, Severn Hospice, Hands Together Ludlow, Healthwatch, Connexus, CAB, Age UK, Carers Trust4All, Taking Part and Mayfair Community Centre) Shropshire Council (Public Health, Social Prescribing Advisors, Adult Social Care) and Shropshire CCG (Community and Care Co-ordinators, Primary Care Networks, GP Practices) and Shropshire Fire and Rescue Service.

4.5.4 There was an overall commitment to this work to continue and to look at how the roles in place complement each other. Ongoing communication was considered central.

4.5.5 The event was well received, with feedback including "Feeling that there's people out there who want to work together for the greater good and we will do our best to make it happen." "Communication and conversations round the tables," "hearing about the ambitions and clear understanding of aims," "networking, knowledge, contribution and need to keep communicating," "to hear how Social Prescribers work in comparison to C&CC (Community and Care Co-ordinators), and "seeing there is support for the VCS." A summary of the event is available if required.

4.5.6 There was a positive response to future involvement in the future model as it evolves. A subsequent meeting was held in January 2020, and another is planned to take the work forward.

5.0 Risk Assessment and Opportunities Appraisal

(NB This will include the following: Risk Management, Human Rights, Equalities, Community, Environmental consequences and other Consultation)

There are no Human Rights, Environmental Consequences, Community or Equality issues identified with the provision of these updates. However the HWBB are asked to note the risks identified in the May 2019 paper, and continue to support the Programme.

6.0 Financial Implications

There are no financial implications that need to be considered with this update

7.0 Additional Information

8.0 Conclusions

Excellent work is continuing through the Healthy Lives Prevention Programme.

List of Background Papers (This MUST be completed for all reports, but does not include items containing exempt or confidential information)
Cabinet Member (Portfolio Holder) Cllr. Dean Carroll Portfolio Holder for Adult Services, Climate Change, Health and Housing
Local Member
Appendices