

EAST HERTS COUNCIL

HEALTH AND WELLBEING SCRUTINY COMMITTEE – 14 MARCH
2017

REPORT BY EXECUTIVE MEMBER FOR HEALTH AND WELLBEING

VISION TO MAXIMISE HEALTH & WELLBEING IN EAST
HERTS

WARD(S) AFFECTED: ALL

Purpose/Summary of Report

This report provide scrutiny members with an overview of:

- the key ways in which the different services of the council can and do work towards maximising health and wellbeing outcomes
- the key elements of East Herts' current Health and Wellbeing Strategy 2013 – 2018 and the key actions to address the priorities.

The report goes on to outline the issues and drivers relevant to devising a new vision for health and wellbeing in East Herts and scrutiny members are invited to comment on the points raised and make suggestions for themes and issues to consider when commencing the review of the Health and Wellbeing Strategy.

RECOMMENDATIONS FOR HEALTH AND WELLBEING SCRUTINY:

That:

(A)	Views on initiatives undertaken to date to maximise health and wellbeing be forwarded to the Executive Member for Health and Wellbeing and the Head of Housing and Health; and
(B)	the Head of Housing and Health be provided with suggested themes and issues, whether at the meeting or shortly thereafter, for consideration when the revised Health and Wellbeing Strategy is drafted.

1.0 Background

- 1.1 East Herts Council has a long history of, and still is, protecting public health through its statutory duties relating to clean air, sanitation, housing standards and food hygiene to name a few. This focus is underlined by the first priority in the council's corporate strategy plan, that is to 'improve the health and wellbeing of our communities'.
- 1.2 Every service which the council directly provides has a role to play in furthering the health and wellbeing of East Herts' residents. A summary of the role of the various services of the council is provided in **Essential Reference Paper 'B'**.
- 1.3 The range of activities across the council listed in **Essential Reference Paper 'B'** clearly demonstrates that working to maximise health and wellbeing outcomes is at the heart of much of what the council has to do and chooses to do. This commitment is underpinned by a detailed Health and Wellbeing Strategy, the current version of which covers the period 2013 – 2018.

2.0 **Health and Wellbeing Strategy 2013 – 2018**

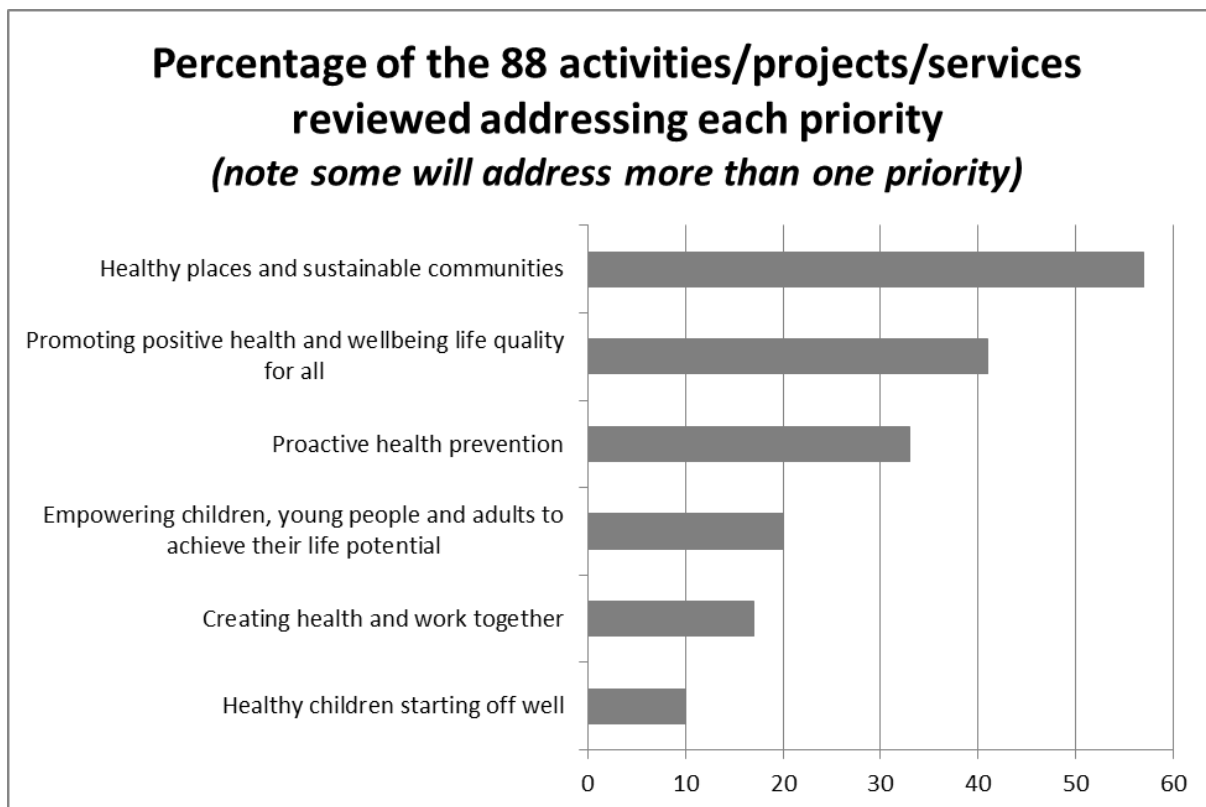
- 2.1 The current Health and Wellbeing Strategy includes six overarching priorities. These are:
- healthy children starting off well
 - empowering children, young people and adults to achieve their life potential
 - creating health and work together
 - promoting positive health and wellbeing life quality for all
 - healthy places and sustainable communities
 - pro-active health prevention.
- 2.2 These priorities have guided:
- the direction of the council's efforts
 - use of our resources, including monies made available as grants
 - our partnership working
 - the allocation of resources made available from others,

most notably the £200, 000 provided by Hertfordshire County Council's Department of Public Health under the Public Health Partnership Fund (District Offer) programme.

2.3 This concerted, targeted approach has yielded real innovation and tangible outcomes. Programmes that the district should rightly feel proud of include:

- **Meet and Eat** – eating healthily project for older people reducing social isolation and increasing social connections through enabling improved dietary intake and enhancing wellbeing
- **East Herts Dementia Homes Project** – adjusting the home environment for those living with dementia through adaptation to promote increased health and wellbeing and independent living
- **Active East Herts Moving Mums Project** - increasing women's participation in Sport and physical activity in East Herts through enabling coaching and sports leadership
- funded through the community grants programme, the playground improvement project in Bramfield. Not only did this project create a high quality new play facility, it also brought the community together to tackle an identified problem. Volunteers took down the old equipment and prepared the ground for the new.

2.4 Last autumn officers reviewed the full range of activities and programme which the council undertakes or financially supports against the priorities in the Health and Wellbeing Strategy so as to assess coverage of our efforts. This covered a total of 88 activities, projects and services, consisting of 16 projects currently receiving one-off funding, 13 projects/schemes receiving funding from year-to-year and 59 services/programmes directly provided by East Herts Council. The graph below summarises the findings.



2.5 Perhaps unsurprisingly given the council's environmental and community engagement roles, the main area of influence is with regard to fostering 'healthy places and sustainable communities'. Similarly, the health promotion responsibilities associated with environmental health, coupled with our combined efforts with Hertfordshire County Council to promote healthy lifestyles has resulted in a high proportion of our activities, projects and schemes 'promoting positive health and wellbeing life quality for all' and much 'proactive health prevention'.

2.6 At the same time, the graph suggests lower levels of work focused on younger people and children, and efforts to maximise good health in the workplace. These may be areas that members wish to consider for greater attention going forward.

3.0 A new vision for Health and Wellbeing

3.1 A number of factors have recently come together to make this a particularly good time to reconsider the council's vision for maximising health and wellbeing. Of note:

- as mentioned above, the council's current Health and Wellbeing Strategy runs until 2018 and so a review will be commencing shortly
- NHS bodies have recently been required to draw up Sustainability and Transformation Plans, STPs. East Herts is

within the broad Hertfordshire and west Essex STP area. This STP for this area identifies that preventing ill-health, including by proactively promoting health lifestyles, will be integral to ensuring the NHS is on as financially sustainable footing as possible over the coming years

- Hertfordshire County Council is producing a new Public Health Strategy covering 2017 to 2020. The consultation was launched on 22 February 2017; East Herts Council officers are participating in this
- a review of the council's approach to giving grants to community groups in support of the district's broader health and wellbeing agenda is just commencing
- the council's Housing and Health Service will have a new structure from April 2017 onwards which includes greater capacity and focus on health and wellbeing in response to members' prioritisation of this area
- a new member group, the Community Wellbeing Forum, will shortly be launched to provide greater member input to and oversight of activities and programmes being undertaken
- the council is currently working with the local Clinical Commissioning Group, CCG, on a proposed social prescribing project.

Reviewing the Health and Wellbeing Strategy

3.2 Members are invited to consider at the outset the direction of a revised Health and Wellbeing Strategy which will cover the period 2019 to 2024. It is hoped that the information in this report will assist in marshalling ideas.

3.3 It is anticipated that over this time period, the Hertfordshire and west Essex STP will be of particular relevance. The STP, titled 'A Healthier Future', maps the improvement journey that health and care services need to take locally with our residents over the next five years to achieve the ambition to improve the health of our population within the resources available. Four fundamental principles have been identified by its NHS authors:

- living well and preventing ill-health
- transforming primary and community services
- improving urgent and hospital services

- providing health and care more efficiently and effectively.
- 3.4 The relevance of the STP to the council's approach to health and wellbeing is clear.
- 3.5 Thus, the vision for how the council can work together with County Council, NHS and other statutory, voluntary and community groups will need to build on the following principles:
- the council has a unique understanding of its local population and thus can develop and deliver health and wellbeing-focused services both individually and in combination with partners. This will enable improved allocation of benefits to clients, increased understanding of clients' needs and the adaptability of services
 - the council has the flexibility and adaptability to translate priorities identified at the national level by the NHS, Public Health England and others into effective front line service delivery giving local residents the opportunities to start, live, work and age well
 - the council must maintain and build on its excellent track record and extensive range of preventative and public health based projects to work with individuals to bring about healthy lifestyle change which in turn positively impacts the community and district-wide population level
 - the long term commitment to fostering greater levels of health and wellbeing shown by East Herts Council should be maintained so as to work alongside a range of partners and in doing so bring benefits to the whole health provision system. We would anticipate this approach bringing benefits in terms of reducing the burden of care and treatment upon NHS acute services and helping to assist in the transformation of primary and community services.

Review of East Herts Council's community grant giving

- 3.6 A piece of work will be commencing shortly regarding the focus for community grant giving over the coming few years.
- 3.7 The council makes available a number of grants under a range of programmes, including community activities grants, capital grants for community groups, support for summer activities for young people and pump-priming grants for public health projects. The combined amount totals around £150,000 a year. Often these monies are matched with external resources, such as public

health funding made available in recent years by Hertfordshire County Council.

3.8 Recent grant giving priorities have included:

- grants to small, local voluntary groups where council support would have significant impact
- projects that are targeted at vulnerable children or adults
- projects in areas of relative disadvantage in East Herts
- projects that tackle inactivity and result in residents leading more active and healthy lives
- applications from groups that have not applied for a council grant before
- projects in rural areas where there are little or no New Homes Bonus resources.

3.9 For the future, it is argued that the focus for grants will benefit from closer alignment to the priorities in the current and emerging Health and Wellbeing Strategy. Members are invited to reflect on the role of grants to community groups in furthering the overall health and wellbeing outcomes the council wishes to see.

The new Community Wellbeing and Partnerships team within Housing and Health

3.10 From April 2017, the Housing and Health service will include a new Community Wellbeing and Partnerships team. This is part of a wider Housing and Health restructure which has been carried out within existing budgets. This new team will further strengthen the council's work regarding health and wellbeing by:

- creating a new Service Manager – Community Wellbeing and Partnership post. The post reports directly to the Head of Housing and Health and will be able to focus exclusively on this agenda
- existing staff currently operating in different parts of the Housing and Health are being brought together under this new Service Manager so as to provide lead specialists for (a) public health, (b) community wellbeing and engagement, (c) community safety and (d) anti-social behaviour and enable greater joined-up working.

3.11 There are distinct health and wellbeing benefits from ensuring high levels of community safety, not least of which is minimising

crime and the perceived threat of crime, hence, the rationale for bringing staff working on community safety and health community wellbeing together in the same team.

Community Wellbeing Forum

- 3.12 As part of the recent review with members of scrutiny arrangements led by the Chief Exec, members expressed a desire to be able to develop their own work programme of delivery, rather than scrutiny, particularly making use of the member champion roles, all of which relate to this agenda. As a result, it is proposed to initiate a Community Wellbeing Forum, which will consist of all member champions operating in the Health and Wellbeing space, plus any other members who have a desire to become more involved in delivery of the Health and Wellbeing agenda in their own communities.
- 3.13 This group will be outcome-focused, setting clear goals and ensuring that they are delivered for the benefit of our communities. It will be supported by an officer but will be primarily a councillor-led group and will link into the other existing Health and Wellbeing Forums to ensure there is consistency, avoid duplication and add value to the work of the council through the sharing of knowledge, experience, and best practice.
- 3.14 It would appear appropriate for the new Forum to play a key role in the development of the revised Health and Wellbeing Strategy over the coming year.

Example of a key new project: social prescribing

- 3.15 Officers are currently working with the local CCG and individual GP practices to establish a social prescribing project within the district. This would be set up on a pilot basis in two areas that could then be a catalyst for evaluating the benefit of social prescribing activities more widely.
- 3.16 The social prescribing project would see residents who are living with mild depression, experiencing isolation and/or loneliness referred to a social prescribing co-ordinator who would provide practical help, advice and assistance to enable their engagement with the wide range of activities currently provided, whether through existing East Herts-supported programmes such as Forever Active or other befriending and social activities run by statutory, voluntary and community groups. The overall aim is to strengthen social contacts and activity, in doing so warding off isolation, loneliness and some mental ill-health.

- 3.17 Much evidence has been gathered nationally that getting people involved in community life, keeping them active and improving social connections – all of which are hallmarks of social prescribing – is good for both health and wellbeing. From discussions with local GPs it has been decided to focus on those experiencing social isolation, loneliness and mild depression as these have a considerable impact on the individual to live and function optimally.
- 3.18 Added to the anticipated benefit for the individual, it is hoped that this approach will contribute to reducing the burden of time and cost spent in dealing with health and social need arising from isolation.
- 3.19 In the initial stages it is envisaged that GPs would be the primary referral route into the scheme, however, it is anticipated that over time referrals will be made by a range of professionals and others, including self-referral via family, friends or neighbours.
- 3.20 This kind of ambitious project, underpinned by multi-agency working, is likely to be the hallmark of the council's ongoing vision for health and wellbeing and members are invited to comment on the aims of this project.

4.0 Implications/Consultations

- 4.1 Information on any corporate issues and consultation associated with this report can be found within **Essential Reference Paper 'A'**.

Background Papers - East Herts Health and Wellbeing Strategy

Available at <http://www.eastherts.gov.uk/wellbeing>

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