

Meeting: Torbay Health & Wellbeing Board **Date:** 7 March 2024

Wards affected: All

Report Title: Torbay Joint Health & Wellbeing Strategy 6 monthly progress report

When does the decision need to be implemented? March 2024

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1. Purpose of Report

- 1.1 The Torbay Joint Health and Wellbeing Strategy 2022-26 was published in July 2022. The Health and Wellbeing Board receives six monthly progress reports and this paper provides a fourth progress report on implementation.
- 1.2 The paper highlights latest developments and any risks or challenges that have been flagged by individual programmes, for members to review.

2. Reason for Proposal and its benefits

- 2.1 The proposals in this report will help us to deliver improvements in the health and wellbeing of our population by setting priorities for delivery and monitoring achievement.

3. Recommendation(s) / Proposed Decision

Members are asked to:

1. Note progress in delivery.
2. Note the updated risk in relation to the digital inclusion programme and consider options for the future position of this programme within the strategy.

Appendices

Appendix 1: Data summary report.

Appendix 2: Emotional health and mental health training and development offers

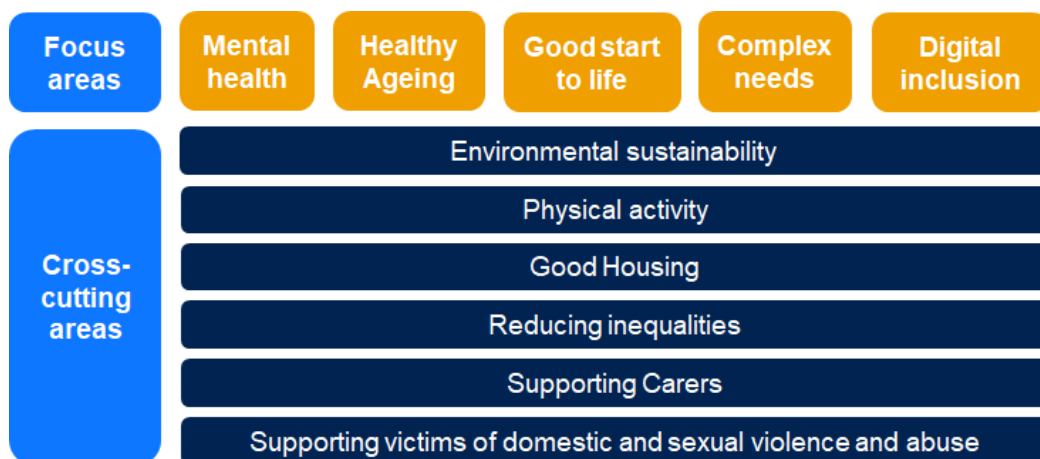
Appendix 3: Torbay Healthy Ageing summary report

Appendix 4: Multiple Complex Needs co-production report

Supporting Information

1. Introduction

- 1.1 The Joint Health and Wellbeing Strategy is a statutory requirement for all upper tier local authorities and represents the priorities and work programme of the Health and Wellbeing Board in response to the Joint Strategic Needs Assessment.
- 1.2 The Joint Health and Wellbeing Strategy 2022-26 set out five areas of focus and six cross-cutting areas:



- 1.3 An outcome framework was developed to monitor delivery of the Strategy. Each priority area is required to report to the Health and Wellbeing Board on a six monthly basis, covering progress against objectives, support for cross-cutting areas, and any engagement work undertaken with communities. Each report also gives an overall statement on progress with the opportunity to highlight risks or barriers.

- 1.4 A separate report is produced by the Public Health Intelligence team with the latest data indicators for each priority area. Key points are included in the summaries below and the full data report is included at **Appendix 1**.

2. Progress on delivery to September 2023

- 2.1 Progress is reported against each priority programme area below.

Mental health and wellbeing

Programme update: Overall on track

Torbay Multi-agency Suicide Prevention Plan 2024-27 was endorsed by the Health and Wellbeing Board in December 2023. Members received a substantial report on content at that time.

Torbay Council has signed a memorandum of understanding with Samaritans South Devon to promote their third-party referral service to staff and residents who interact with their services who are vulnerable or in distress. This is the first agreement of this kind in the region.

Community: Local Action on Suicide Prevention grants have launched for a third consecutive year to enable community and voluntary sector organisations to help reduce the number of preventable deaths locally.

Torbay Alliance has been working on a specification for adult mental health support – with emphasis on peer-support – based on recent lived experience co-production work. This will link to the Torbay Community Helpline (and Adult Social Care Frontdoor).

Torbay Public Health and other members of the Torbay Mental Health and Suicide Prevention Alliance contributed to, attended and will be supporting the recommendations of the Children and Young People Overview and Scrutiny Board which focussed on emotional wellbeing and mental health.

A Children and Young Peoples health needs assessment has been developed to support the commissioning of children and families' 0-19 services.

Emotional health and mental health training and development offers – many of which are free – have been collated in one place and shared with partners. The training offer can be found at these links and is also attached at **Appendix 2**. New trainers have been recruited and trained to deliver 4 Mental Health Emotional Resilience and Community Suicide Awareness training.

Risks and issues:

Good start to life

Ensuring families have access to the services they need

Through the Family Hubs partnership, a collaborative Start for Life offer has been developed for Torbay families. The Family Hubs programme has enabled the development of further Start for Life services, including support with infant feeding, perinatal infant mental health, speech, language and communication needs, home learning, and offering a comprehensive family support and prevention service.

The Family Hubs provide a welcome space for families, with a comprehensive peer support programme embedded into the service.

Via the Family Hub network, Torbay has seen an expansion of universal services which have a focus on prevention and which are available for all children, young people and their families to access. The expansion includes enhancing delivery of services funded by the 'Start for Life' programme and wider services including enhancing the youth offer.

Start for Life Services comprise:

- Infant Feeding
- Peri-natal Parent and Infant Mental Health
- Parenting
- Home Learning Environment

Wider Services: (not an exhaustive list)

- Drop-in surgeries including:
 - Cost of Living partnership with Housing and DWP colleagues
 - Youth Homeless Prevention
 - Family Group Conference
 - Reducing Parental Conflict
- Youth Services
- SEND support and advice
- Oral Health improvement
- Nutrition and weight management
- Social Prescribing and links with Primary Care

There are three physical Family Hubs, one in each town of Paignton, Torquay and Brixham. The Torquay Family Hub has recently moved to a bigger premises to support co-location and increase the number of services available.

The Virtual Family Hub Home - Family Hub (torbayfamilyhub.org.uk) went live in April 2023, providing a hub for children and their families to access a wealth of information, including how to connect with services and book onto training and support programmes. The Virtual Hub also includes a practitioner area providing information and resources to all practitioners including education providers.

The Virtual Family Hub will also host the 'Tell it Once' area for children and their parents/carers, allowing parents with children who experience SEND to record their child's journey and exchange information with key practitioners without the need to continuously repeat their story. The development of this work neared its completion in 2023 and is

planned to go live in the first half of 2024 following testing and sign off for compliance and data security (this is a delay on the previous report due to the data compliance issue).

The development, expansion, and alignment of Universal and Targeted Services reflects a conscious move towards children, young people and their families being supported within their local community. The next steps are to develop a hub and spoke model with the aim of removing barriers to access services for our underserved communities.

The Family Hubs Start for Life workforce has been developed and is skilled to meet the changing needs of children and families. Specialist health and community practitioners have been recruited under each workstream, with a comprehensive workforce development plan in place across the Start for Life offer. Some examples of the Start for Life evidence-based and clinical training programmes accessed across the workforce include:

- Institute of Health Visiting – various programmes
- Unicef’s Baby Friendly Initiative – various infant feeding, bonding and attachment programmes
- Chat, Play, Read Champions and Train the Trainer
- Early Talk Boost
- Champion training Early Years Alliance in Early Years settings
- Newborn Baby Observation
- Understanding Attachment
- NHS England Perinatal Infant Mental Health
- Lactation Consultant Training
- Frenulotomy - Tongue Tie training.

Risks and issues:

Data compliance issues in relation to the virtual family hub now overcome.

Supporting people with multiple complex needs

Programme update: On track

- The MCN Alliance is in place. Implementation of the alliance principles, values and behaviours continue to be embedded across the provider services. Performance remains stable.
- Plans to embed lived experience across the alliance is progressing well, with lived experience representatives now present at key alliance workstream and operational meetings.
- Integration of alliance and mental health services is an identified area of priority. Existing pathways for working with mental health are currently under review. There is some capacity within the Alliance to support dual diagnosis.
- Staff are trained in trauma informed approach, with support for enhancing this well established.
- Flow through the hostel is improving, but onward accommodation remains challenging.
- Integrated approach to support children where domestic abuse and/or substance misuse is an issue, is developing.

- The Council's Oversight Board and the MCN Alliance are developing mechanisms to understand impact more holistically. Improvements in data collection, quality analysis and actions to increase benefit are being observed.
- The joint support of people who experience significant mental health and substance misuse issues is improving with dedicated resource to support this cohort.
- Most staff are trained and supported in delivering a trauma informed approach. Practitioner networks continue to operate successfully to support staff to embed this approach.
- Flow through the hostel is improving, but onward accommodation remains challenging.
- Integrated approach to support children where domestic abuse and/or substance misuse is recognised. Assessment of the impact of domestic abuse on the child is being focused on. Work is to start on understanding the identification and support needs of children who live in a household where there is parental substance misuse.
- A progress review meeting between the Oversight Board and members of the alliance Leadership Team has taken place that identified shared areas of focus to progress the strategic intent of the alliance.

Risks and issues:

- Access to suitable and affordable accommodation is the greatest issue. This is identified on the wider Council risk register.
- Events have been scheduled to increase alignment within the alliance in terms of the overall vision and objectives. Staff will be joining a joint Oversight Board/Alliance meeting in March 2024 and a regular staff forum is being established.

Healthy Ageing

A new Healthy Ageing Partnership Board is being established across Torbay and South Devon, bringing together work across the locality to report into the Torbay and South Devon Local Care Partnership.

This report focuses on progress in the healthy ageing (prevention) element of the work.

From March 2023 to 31 Dec 2023 the programme has exceeded performance in the previous year, with 538 participants, 62 training sessions, 250 licences disbursed, 57 collaborating groups, 57 additional events, 225 referrals in and 214 referrals out.

The programme also receives feedback from Torbay Assembly on ongoing issues related to older people in the community, as well as data from Torbay Community Helpline. The programme is an active member of Age Friendly UK Network and WHO Global Age Friendly Community Network and provides an extensive referral network for people in need through Torbay Community Helpline.

The healthy ageing / live Longer Better programme is in discussion with local PCNs around a pilot which would reach GPs patients who would benefit from increased

awareness, activation and activity. Support would be delivered on a graduated basis to offer most intensive support for those with the greatest need.

The national team for Live Longer Better see the Torbay approaches as innovative - based on the face-to-face person-centred delivery model, and the extra modules locally created. Learning is supported by the LLB online learning portal.

Performance against targets for 2023/24 have been met or exceeded.

Live Longer Better Training:

Sets of courses have been run for the public for three quarters in Torbay, Paignton and Brixham. Lots of great feedback has been received regarding building confidence, new friends and coping better with diagnosis or long term health conditions. People learn about the ageing process, overcoming ageing and how increasing activity can improve health, cognition and emotional resilience. The programme also supports core needs, providing referrals around housing, benefits etc, and linking them to community builder, wellbeing, social prescriber, Torbay Community Helpline, or Active Devon teams. Courses have expanded to include:

- Breathing and relaxation techniques - overcoming anxiety triggers, reducing tension and improving sleep patterns
- Healthy eating, diet, nutrition
- Hydration
- Falls prevention – Fall Fighters (ROSPA) course.
- Personal skills: motivation, confidence, routines and overcoming isolation.
- Understanding Ageing
- Maintaining and improving skill and coordination
- Increasing stamina
- Increasing suppleness
- Developing strength and power
- Increasing brain ability and reducing the risk of dementia
- Improving physical fitness and reducing the risks of falls and frailty
- Preventing and coping with disease
- Understanding the changing brain and mind
- Understanding and changing how people think about ageing
- Exercises you can do at home - 15 minutes sessions, daily routine, furniture-based approaches, stretch and relaxation, strength—based and in-bed routines
- Importance and purpose of later life planning. - power of attorney, wills, lifestyles and remaining independent.
- Dying well as well as living well
- Activities - introduction to classes and groups in Torbay that fit with a person's lifestyle. Each course has an activities week and there is a Summer programme where people try different activities

Other themes are developed with participants as required, so the courses are always person centred, relevant and up-to-date (ie accessing health services).

- **Engagement and Reach:** There is a catch up session for all participants at the end of each quarter to reconnect them to other opportunities.
- **Summer Activity Programme:** Over the summer holiday period there is a Summer Activity Programme as a series of sessions that encourage people to become more active and try new experiences.
- **Professional Training:** The programme incorporates input from an increasingly wide range of professionals – through training workshops so they better understand how to work with and treat older people – as well as the benefits of staying active on longevity and health. The next sessions will be for Torbay Hospital staff.
- **Healthy Ageing Board:** The programme is actively involved in the creation of a Healthy Ageing Board for Torbay and South Devon – to represent VSCE – this is part of the One Devon – Local Care Partnership delivery for Torbay and South Devon.
- **National Programme:** Healthy Ageing Torbay provides insight to the national Live Longer Better teams and is seen to be leading the way in group learning and participation. There will be a presentation from Torbay / Devon – in the next annual LLB conference.
- **Working with Care Homes:** This continues, led by Jess Slade and Pam Prior.
- **Assembly:** The Assembly Action group continues to have oversight of the programme and also Age Friendly work in Torbay linked to the National and Global networks.

A summary of the healthy ageing work across Torbay is included at **Appendix 3**.

Risks and issues:

There is no recurrent funding for the Healthy Ageing programme and there is ambition to expand the work across Torbay and South Devon to provide a prevention programme across the Local Care Partnership. Bids will be made into different funding opportunities as these arise.

Digital inclusion

Programme update:

The formal programme is currently paused however related work is covered below.

Work has continued, albeit at a reduced level, to support people to improve their digital literacy. Without additional funding this will reduce further over the coming months, however, a funding opportunity has arisen and a bid has been submitted.

Engaging Communities South West are developing the capacity to accept used laptops from the Trust for redistribution. Work is being undertaken by Torbay & South Devon NHS Trust to enact this.

Currently there are weekly drop in sessions delivered by South Devon College students as part of their course at Paignton Community Hub and Engaging Communities South West's digital work (via Digital Health Devon).

In addition to this, Eat That Frog is continuing to deliver digital support sessions from their Torquay Offices, although their sessions at Paignton Community Hub were discontinued due to financial constraints.

A joint bid with both Engaging Communities South West and Eat That frog has been submitted to Torbay Council for Lot 4 (Funding to support local digital skills) of their UK Shared Prosperity Fund (People and Skills and Sector Pathways Programme Delivery). If successful this will enhance the local digital skills support offer in Torbay.

Engaging Communities South West are currently in the process of redeveloping their Digital Health Devon e-Learning website to show people how to use local online health, care and wellbeing tools. This will be re-launching soon via www.digitalhealthdevon.co.uk.

Engaging Communities South West have also been working on developing an ability to recycle laptops from Torbay & South Devon NHS Trust.

Risks and issues:

The Digital Inclusion Network has been stood down due to insufficient engagement, although regular one-to-one meetings with key members are still in place.

With the student placements and Eat That Frog funding both finishing in the coming months there will be a stop to the digital support offer being provided in Paignton Community Hub.

Engagement undertaken

The table below includes a summary of engagement work undertaken in each programme area over the last six months.

Mental health and wellbeing	Local Motion work with children and young people focussing on emotional health and wellbeing and the academic pressure experienced whilst in education.
Good start to life	Recognising the need to work at pace to deliver the Start for Life Programme, parents were engaged as much as possible in the development and implementation of the workstreams, including the comprehensive infant feeding peer support programme, a teenage parent peer support group, building babies brains and chat, play, read.

	Peer supporters and parent carers are involved in the working group that is investigating ways in which to engage with the underserved communities across Torbay.
Multiple complex needs	<p>Codesign and coproduction is integral to the development and delivery of the MCN Alliance. To support the integration of co-design and co-production within the alliance, a co-production strategy has been developed (in collaboration with individuals with lived experience). This is attached at Appendix 4.</p> <p>The alliance has also consulted on the name and branding of the alliance. Votes secured the name 'Growth in Action'.</p> <p>The branding for the alliance has also been out to consultation recently. Beth Hill, Creative design Manager at Torbay council produced a creative concepts YouTube video describing the various branding options, how the different formats can be used and how the different options met certain regulatory requirements.</p> <p>The designs were generated in collaboration with the alliance co-production group. Votes were evenly split between 2 branding options and so based on feedback there will be some small tweaks to one option and the 2 favourites will go back out for final consultation.</p>
Healthy Ageing	<p>The healthy ageing programme builds relationships with the people supported, so there are ongoing opportunities for them to feed into and influence delivery. Development of the programme is continuous and person-centred and guided by participants, Torbay Assembly Action group and LLB Steering Group.</p> <p>The report at Appendix 3 includes participant feedback and case studies</p>
Digital inclusion	None in this reporting period.

Data indicators

A summary of all data indicators, by priority area, is included at **Appendix 1**. Figures which have been updated since the last report are:

Mental Health

- People with a low happiness score – slight increase, in common with national trend
- People with a high anxiety score – generally increasing
- Prevalence of mental health issues (all ages) on GP registers (schizophrenia, bipolar affective disorder and other psychoses) – remains high
- Prevalence of depression (aged 18+) on GP registers – remains high and increasing
- Suicide rate – reduced although remains high

Children and young people

- Good level of development at the end of the Early Years Foundation Stage – lower than England
- Key Stage 2 pupils meeting the expected standard in reading, writing and maths – consistent
- Pupils with SEND (special educational needs and disabilities) – high but stable
- Children in care/ looked after – remains high compared with England
- Population vaccination coverage- MMR for two doses (by aged 5 years) – reducing but above England average
- Children overweight (including obesity) in year 6 – similar to England

Multiple complex needs

- Households owed a duty (prevention or relief) under the Homelessness Reduction Act – significantly above England rate
- Successful drug treatment- opiate users (aged 18+) – similar to England
- Successful alcohol treatment (aged 18+) – similar to England

Ageing

- Proportion who use adult social care services who reported that they had as much social contact as they would like (aged 65+) – increasing post pandemic
- Population vaccination coverage Flu (aged 65+) – decrease on previous year
- Emergency hospital admissions due to hip fractures (aged 65+) – similar to England
- Dementia estimated diagnosis rate (aged 65+) – consistent or reducing rates, likely to be under diagnosing

Digital

- Fixed broadband coverage- Residential premises capable of receiving full fibre broadband – above England
- Fixed broadband coverage- Commercial premises cable of receiving full fibre broadband – increasing.

It should be noted that figures fluctuate and the important factor is the overall, consistent trend. Many figures are reported one or two years retrospectively.

A further report on progress will be brought to the Board in September 2024.

5. Financial Opportunities and Implications

5.1 None.

6. Engagement and Consultation

6.1 Engagement is included in the Strategy progress reports in Section 2.

7. Tackling Climate Change

7.1 Environmental sustainability is one of the cross-cutting areas in the Strategy.

8. Associated Risks

8.1 Risks and delays to implementation are identified against each programme in Section 2.

8.2 A key question for the Board to consider is the whether the digital inclusion element of the strategy should be stood down as a discrete priority area and moved to an under-pinning programme. Project funding for the objectives in the strategy has come to an end. Programme members are bidding for further funding for specific initiatives but the majority of the work is within business as usual programmes at individual organisational level.

9. Equality Impacts - Identify the potential positive and negative impacts on specific groups

	Positive Impact	Negative Impact & Mitigating Actions	Neutral Impact
Older or younger people	Y		
People with caring Responsibilities	Y		
People with a disability	Y		
Women or men	Y		
People who are black or from a minority ethnic background (BME) (Please note Gypsies / Roma are within this community)	Y		
Religion or belief (including lack of belief)	Y		
People who are lesbian, gay or bisexual	Y		
People who are transgendered	Y		

People who are in a marriage or civil partnership			Y
Women who are pregnant / on maternity leave			Y
Socio-economic impacts (Including impact on child poverty issues and deprivation)	Y		
Public Health impacts (How will your proposal impact on the general health of the population of Torbay)	Y		

10. Cumulative Council Impact

10.1 None.

11. Cumulative Community Impacts

11.1 None.

