

TITLE OF REPORT: Gateshead Health & Wellbeing Board – Progress Update

REPORT OF: Alice Wiseman, Director of Public Health

Summary

To update and seek the views of the Care, Health & Wellbeing OSC on the work of the Gateshead Health & Wellbeing Board for the six-month period October 2023 to March 2024.

Background

1. The Health and Social Care Act 2012 provided for the establishment of Health & Wellbeing Boards (HWBs) as committees of local authorities to bring together leaders from the health and care system to work together to improve the health and wellbeing of their local population.
2. As part of the 2023/24 work programme for the Care, Health & Wellbeing OSC, it was agreed to provide two six monthly updates on the work of the HWB. A report has already been provided to OSC on 24th October 2023 on the work of the Board for the period 1st April to 30th September 2023.
3. This second report provides an update on for the period 1 October 2023 to 30 March 2024.

Gateshead Health & Wellbeing Board – Progress Update October 2023 to March 2024

4. The following update highlights key issues considered by the HWB during the second half of 2023/24.

Cumbria, Northumberland, Tyne & Wear NHS FT (CNTW) Strategy

5. The Board considered CNTW's 2023 strategy 'With You in Mind' which sets out five ambitions:
 - 1: Quality care, every day
 - 2: Person-led care, when and where it is needed
 - 3: A great place to work
 - 4: Sustainable for the long term, innovating every day
 - 5: Working with and for our communities

6. It was reported to the Board that CNTW's strategy seeks to build relationships and to make decisions based on what matters to people. It sets out the Trust's commitments to its service users, families and carers, its staff and to its partners and communities.
7. It was noted that the strategy is about influencing small, everyday decisions as well as big strategic decisions. It is acknowledged that the Trust cannot do this alone and that it needs to work with local partners and local communities.
8. The Board queried what the timescales were for delivering the strategy, when progress would be seen in addressing key challenges relating to mental health services, including access to services, waiting times etc. It was reported that an annual plan will be developed which sets out what the Trust will do that year to deliver the strategy. The Plan will set out actions for each area of the strategy, how it will achieve them and what it expects to see as a result. It is envisaged that the strategy will be built into the work of every person and every team across the organisation.
9. The Board also queried what more can be done ensure continuity between hospital and community provision. It was reported that CNTW are looking at its clinical model and that this could come back to the HWB at a future date.

Public Health

Director of Public Health Annual Report

10. The Board considered the findings of the Director of Public Health Annual Report for 2023 'Profit before people – the commercial determinants of health and lessons from the tobacco epidemic'. The toll of tobacco in terms of smoking deaths since 1970 was reported to the Board as well as the burden caused by smoking on our health and social care systems in Gateshead:
 - 2,707 hospital admissions
 - 94,940 GP appointments
 - 52,520 GP prescriptions for smoking related conditions
11. Lessons learned from the tobacco control approach to reduce smoking prevalence was considered, including:
 - Recognise the problem to be addressed, agree on the need to work together to tackle it, including the resource required to do so.
 - Develop and commit to a comprehensive, multi-strand and long-term collaborative approach.
 - Agree evidence-based and jointly owned objectives which are monitored and flexible enough to adapt to real time learning.
 - Work at scale and aim for consistency – some things only need doing once, but leave room for local flexibility.
 - One key message communicated by many voices.

- Demonstrate visible and enthusiastic leadership at every opportunity.
 - Develop a communication strategy in support of efforts and ensure ongoing media presence.
 - Focus primarily on adults - changing the adult world will change the environment kids grow up in.
 - Develop and commit to a comprehensive, multi-strand and long-term collaborative approach.
 - Demonstrate visible and enthusiastic leadership at every opportunity.
 - Develop awareness and support for change among the public and advocate on their behalf.
 - Work at scale and aim for consistency – some things only need doing once, but leave room for local flexibility.
 - Identify local champions, including political leaders and those impacted by the commercial determinants.
 - Things don't happen quickly because culture change is complex – keep going, be tenacious and trust the approach.
12. The tactics used by the tobacco industry to normalise the use of a product that kills more than half of its long term users were noted including disinformation, marketing and a misleading narrative about individual choice which has combined to create a culture that cuts lives short. Valuable lessons have been learned which can also be used to guide work in addressing other key challenges relating to alcohol, gambling and ultra-processed food.
13. The annual report went on make a number of recommendations relating to the themes set out above which were endorsed by the Board and it is intended that the topics raised within the report will be brought back to future meetings.

Healthwatch Gateshead Annual Report and Priorities for 2023/24

14. The Board considered Healthwatch Gateshead's Annual Report for 2022-23, including its priorities for 2023/24 (which has also been considered by this OSC at its meeting on 23rd January 2024). It was noted that the annual report marks Healthwatch's 10-year anniversary.
15. Highlights from the 2022/23 annual report on the work of Healthwatch included:
- Spring:*
- It worked to better understand how the COVID pandemic impacted on health and wellbeing.
 - It focused on refugees and asylum seekers to understand health and social care priorities for these local communities.

Summer:

- It welcomed a new team tasked with helping to achieve a mission of engaging with local people to help improve health and social care services in Gateshead.
- It engaged with young people aged 18-25 to understand their views and general experiences of loneliness and social isolation.

Autumn:

- It was commissioned by the Council to review the experiences of unpaid carers as we came out of the COVID pandemic.
- It launched online monthly forums, inviting local health and social care organisations to share information about their services. Each month focused on a specific topic area and local people were encouraged to learn more about what is available.

Winter:

- It fed into the submission of evidence to the House of Commons Cross-Party Health and Social Care Committee Inquiry into Dentistry.
- It made a targeted effort to engage with young people aged between 16-25 through the launch of phase one of its Youthwatch Project. It was reported that feedback is being used to prioritise its work with young people which will feed into its work programmes.

16. It was reported that Healthwatch continually gathers information on local people's experiences of using health and/or social care services. Its annual survey helps to inform Healthwatch of the public's experiences and people's views are also communicated at its Annual Meeting.

17. It was noted that the following themes were being discussed to form its 2023/24 work plan:

- Hospital Discharge
- Access to GPs
- **Mental Health**
- Accessible Information Standards
- Health Literacy
- **Youthwatch**
- **Social Care**

(Note: the three highlighted areas above subsequently emerged as its key priorities for 2024)

Gateshead Health NHS FT Plans and Focus on Women's Health

18. The Board received a presentation from Gateshead Health NHS Foundation Trust on its plans with a particular focus on women's health. A progress update was also given on the Trust's achievements in 2023/24

to-date relating to performance and quality, workforce, finance, and service developments.

19. It was noted that a main goal of the Trust's Centre of Excellence for Women's Health is to become a diagnostic centre of choice, as the facilities will also be able to cater for people living outside of Gateshead.

20. The current work of the Centre includes:

- Implementing the national women's health strategy – Gateshead and wider NENC ICB.
- Developing the Gateshead Women's Health Hub for Gateshead - £250k secured – with a focus on sexual health and gynaecology including menopause.
- Preparing for a Gateshead Women's Health conference.
- Building on the Director of Public Health's 2022 Annual 'Mind the Gap'.

21. An overview was also given of the Trust's Sustainability Plan and the next steps to transform services. It is envisaged that further progress updates on the Trust's future plans will be brought to the Board over the next year.

Community Pharmacy Roles - Supporting Local Communities

22. The Board considered a presentation from representatives of the Local Pharmaceutical Committee on the roles of community pharmacy and the various ways that they support local communities. An overview was provided of the range of pharmacies within Gateshead, the different types of services they provide, how they interface with other local health and care services, the pressures and challenges facing the profession and opportunities going forward.

23. It was noted that:

- There are 43 Pharmacies in Gateshead (down from a previous 47 pharmacies).
- 96% of the population are able to access a pharmacy within a 20min walk.
- Many pharmacies are open extended hours above and beyond their contracted 40 core hours.
- Most pharmacies offer a delivery service (many free of charge).
- Pharmacists represent the 3rd largest group of healthcare professionals and play a key role in supporting other primary care services, including GPs.
- Pharmacists are the 2nd Most trusted Profession (1st = Firefighters).

24. The Board confirmed that it values the role of community pharmacy in supporting local communities across Gateshead. It discussed how communications / awareness raising could be enhanced as many residents will not be aware of the full range of services that community pharmacies provide.

25. The Board was also informed of notifications received from NENC Integrated Care Board (ICB) regarding pharmaceutical services in Gateshead e.g. changes of ownership, removals from the pharmaceutical list due to closures, distance selling pharmacies etc.

26. The Board has a statutory duty to prepare and regularly review plans on the sufficiency of pharmacy provision in Gateshead.

Asylum & Migration Update

27. A report was considered by the Board providing an overview and update on asylum and refugee migration and the implications for Gateshead. Work currently being undertaken by the Council and local partners was reviewed, together with details of emerging pressures.

28. Key implications were discussed, including:

- An increased number of people presenting to the Council for support, predominantly for homeless support.
- The increased pressure on children's social care due to the allocation of unaccompanied asylum-seeking children (UASC).
- The increased pressure on social care services due to the pace to receive a UASC within five days of a referral.
- The wider implications/ pressures relating to health and education.
- Initial data indicates a higher level of single people than families being granted leave to remain and presenting to the Council.
- The increased pressures on the voluntary and community sector, with more people presenting with longer term support needs.

29. It was agreed to hold a members seminar on this issue in the New Year.

Community Physical Activity Update (incorporating Active travel and physical activity sector led improvement)

30. The Board considered an update on two key areas of community physical activity work - the active travel and social prescribing pilot and physical activity sector led improvement (SLI) work.

Gateshead Physical Activity Sector Led Improvement (SLI):

31. It was reported that a senior leadership group was established in the North-East in early 2023 with the aim of developing an approach to get the inactive (i.e. those participating in less than 30 minutes of moderate intensity physical activity per week) to become more active. It was noted that the SLI work supports Gateshead's Physical Activity Strategy, which highlights the need for everyone to be physically active throughout their life.

32. An assessment tool has been developed for the SLI work based upon the International Society for Physical Activity and Health (ISPAH) publication, 'Eight Investments That Work for Physical Activity'. These are:
- whole of school programmes
 - active transport
 - active urban design
 - healthcare
 - public education, including mass media
 - sport and recreation for all
 - workplaces
 - community-wide programmes
33. Gateshead signed up to the SLI work in October 2023 and has since begun to pilot the physical assessment tool as part of the physical activity SLI workshops it has been running with partners since December 2023. The workshops have been supported by the Local Government Association and are due to run until May 2024 in Gateshead. On completion of the workshops, an evaluation across all areas will be carried out regarding key findings and opportunities for Gateshead.

Active Travel and Social Prescribing Pilot:

34. In June 2021, The Department for Transport (DfT) announced 'Active Travel' Capital funding across the country. This was to be provided to local transport authorities to embed walking and cycling as part of new long-term commuting habits and to reap the associated health, air quality and congestion benefits.
35. Based on the assessment of the feasibility study, Gateshead were one of 11 successful local authorities to be awarded funding of £1.4 million for the active travel and social prescribing pilot from April 2023 for 3 years. As part of this, 'Walk and Wheel Gateshead' was launched in August 2023. The pilot is targeted at 3 of the 5 Primary Care Networks in Gateshead, based on health inequalities data. The pilot work includes Practices in East and Central Gateshead and Birtley Medical Practice.
36. The team running the pilot ran several local walking and cycling events from August to December 2023, designed and informed by the community. It was reported that the pilot has had 80 referrals to-date mainly from Social Prescriber Link Workers but also through self-referrals. There are 35 referrals currently active on the programme. There has been a steady rise in referrals over the first 6 months as the programme has become more established.
37. It was reported that the winter months have been more challenging for the programme. A winter walking programme has been established, including indoor walking sessions and led walks from all 15 GP surgeries in the pilot area. Cycling sessions and support programmes are being offered from early Spring.

38. Evaluation and monitoring arrangements are in place and Gateshead is utilising the Health Determinants Research Collaborative (HDRC) team to support further qualitative learning.
39. Proposed next steps for year 2 of the project from April 2024 include 'Bike Banks' to support local cycling activities moving forward. Further exploration of 'adapted bikes' is also required to ensure an inclusive offer can be provided.

Refresh of Gateshead Voluntary Sector Compact

40. The Board considered a draft refresh of the Gateshead Voluntary Sector Compact 2024-27. It was noted that the Compact is an agreement made between public sector partners and VCSE organisations to work together to agreed standards and shared objectives. It formalises shared commitments and priorities, and recognises the role and value of the VCSE sector.
41. Work undertaken so far to refresh the Compact was highlighted, including its planned scope and content:
1. Core Principals
 2. Shared Priorities
 3. Commitments
 4. Making it Work
42. The next steps include further discussions with Council commissioners, individual meetings with other commissioning partners etc. to finalise the compact. A final version will be brought back to the Board for sign off.

Children and Young People

43. One of the main policy objectives of our Health and Wellbeing Strategy is around giving children the Best Start in Life so the Board is focused on how it plans and integrates services for young people across the system.
44. There has been a separate focus on young peoples' mental health services and a new Strategic Childrens Board has been established that is co-chaired by the HWB Chair and the Cabinet Member for Children and Young People. This Board meets every 6 weeks and will have its first annual joint planning event around children's services in May 2024.

Consultation on creating a smokefree generation and tackling youth vaping

45. The Board considered and agreed a proposed response to a national Dept of Health & Social Care (DHSC) consultation "Stopping the start – a plan to create a smokefree generation". Specifically, DHSC sought views on introducing new legislation to raise the age of sale for tobacco, further

regulating vaping to reduce its appeal to children, and introducing new powers for local authorities to issue fixed penalty notices to enforce age of sale legislation for tobacco products and vapes.

46. The Board also endorsed the new North East Declaration for a Smokefree Future, launched in September 2023. The declaration recognises that smoking has a negative impact on our region's health, wealth, happiness and wider economy. It includes a commitment to work together to achieve a regional ambition to reduce overall rates to 5% or less by 2030, with a final aim that tobacco smoking should become obsolete - a thing of the past – and with no future generations taking it up.

Family Hubs

47. A progress update was provided on the development Family Hubs which directly supports the key priority of giving every child the best start in life as well as supporting their families. Details were provided of:

- The offer from Family Hubs & Start for Life:
 - Infant Feeding
 - Perinatal mental health
 - Parenting and relationships
 - Home learning environment
 - All-age offer
 - Venues for meetings and Family Time
 - Early Help and social care presence
- The range of activities provided by Family Hubs across the borough.
- The Groups that operate from the Hubs, tailored to the needs of the communities they serve.
- A virtual Family Hub that brings together useful websites for parents-to-be and new parents/ carers about pregnancy, birth, feeding, baby health and development, early learning and education, childcare, child safety, and activities and things to do.
- Plans for 2024, including:
 - Development of the Start for Life offer
 - Locality deployment of social work and early help
 - Birth registrations at Blaydon from April 2024
 - Family Voice – Parent/Carer Panels
 - Communications campaign

Assurance to Health and Wellbeing Board

48. Assurance is sought on the delivery of the Board's strategic and policy objectives through two mechanisms, reports directly to the Board and through attendance at relevant meetings.

49. The Chair of the health and Wellbeing Board is a member of the Gateshead Cares System Board, the Joint Children's Strategic System

Board and the Strategic Housing Board, to provide assurance on delivery across these systems.

50. The following items were considered by the HWB as part of its assurance role.

Safeguarding Adults Board (SAB) Annual Report 2022/23

51. The report set out details of key activities undertaken during 2022/23, learning from safeguarding adults reviews and the SAB's five strategic priorities.

Gateshead Better Care Fund (BCF) Quarter 2 and 3 Returns for 2023/24

52. The Board endorsed the Gateshead Better Care Fund (BCF) returns for quarters 2 and 3 of 2023/24. The BCF focuses on the integration of health and social care in a way that supports person-centred care and ultimately better outcomes for people and carers. The quarterly returns:

- Confirmed that national conditions are being met across the Council and ICB;
- Set out details of performance against key metrics; and
- Set out the position regarding demand and capacity across the local system.

Gateshead Cares System Board

53. The Health and Wellbeing Board has continued to receive regular updates on the work of the Gateshead Cares System Board. This included:

Gateshead Place Plan Priorities and Enablers

54. It was reported that the Gateshead Cares System Board has continued to review progress against the key priorities and enablers of integration of the Gateshead Place Plan for 2023/24.

Priority Areas:

- ***Children and Young People: Best Start in Life /SEND*** – initiatives reported on included:
 - The establishment of a Family Hub steering group; recruitment of an infant feeding co-ordinator.
 - Baby Boxes - support to Children's Society to purchase boxes for vulnerable families.
 - A multi-disciplinary team (MDT) stakeholder event that took place in October to help join up pathways across the system from children through to transition to adults.
 - A review of the crisis pathway for children and young people that is underway.

- The Teenage Resource "The Little Book of Useful Stuff" which has been distributed across the Gateshead System.
- Roll out of Asthma and Allergies masterclasses have taken place.
- The GP Kitemark Children and Young People friendly practice has been developed by 7 local GP practices.
- A Single Point of Access for the Children and Young People's pathway.
- *Better Health & Care Services including the development of Integrated Neighbourhood Teams (INTs):*
 - INTs streamline access to care and advice for people.
 - They provide more proactive, personalised care with support from a multidisciplinary team of professionals.
 - They help people to stay well for longer.
 - Details were also provided of work taking place in the East of the borough including the Health Of the Population in the East Network (HOPE).
- *Longer and Healthier Lives – Mental Health, Learning Disability, Autism and Ageing Well – initiatives reported on included:*
 - An integrated workforce plan that is being developed.
 - A plan to increase awareness of the Talking Therapies service offer and increase referrals.
 - Autism hubs in Gateshead - Daisy Chain to work out of 5 hubs across Gateshead.
 - A focus on Older Persons Dementia Beds and Pathway – work underway to appraise the current offer in residential and nursing care, to better understand the pathway and where improvements can be made.
 - An update on the work of the RISE Mental Health in Schools Team and plans for 2023/24.
 - Progress in taking forward generalist Home Care transformation as part of the Ageing Well programme of work.
- *Multiple & Complex Needs: People@theHeart*
 - The end-of-year report for people@theheart was considered – this included:
 - Progress in taking forward key workstreams
 - Feedback from services on the people@theheart initiative
 - Proposed future work programme and next steps
 - The importance of the initiative was recognised by the System Board and progress made to-date was commended.

- A proposal for the continued funding of the initiative is being developed and will be discussed further.

Enablers of Integration:

- *Workforce:* making Gateshead a great place to live and work – this includes the role of the Gateshead Cares Workforce Partnership in taking forward workforce development issues at a system level and providing further opportunities for collaborative working.

A dedicated System Board session is being planned on the workforce agenda to discuss key issues and confirm priority areas going forward.

Digital Inclusion: – it was noted that the issues around digital exclusion are not static and that they are complex. It is about making life more livable for all people.

Initial priorities of the Gateshead Digital Inclusion Steering Group include:

- Mapping and information sharing
- Connecting and collaborating with different sectors – e.g. with Primary Care
- Cascading funding opportunities and influencing good practice and accessibility
- Workforce development
- New solutions for tech assisted care and wellbeing
- Co-ordinating projects in the community

Women's Health Hub: An expression of interest was considered by the System Board for a Women's Health Hub investment opportunity. There was widespread support for the bid which linked to key programmes of work across Gateshead Place, our Health and Wellbeing Strategy and the Director of Public Health's 2022 Annual Report which had a specific focus on Women and Health Inequalities. The bid was successful and funding of £250k has been secured.

Integrated Adults and Social Care Services Living Thriving Lives Plan (2023-28): The Plan was considered by the System Board which sets out how work will be undertaken with communities to enable residents to live thriving lives, be independent and individual, support themselves and each other, and access personalised quality support when they need it. It was reported that the Plan supports Gateshead's Thrive ambitions and aims to make accessing support and services as easy as possible, working in partnership with Gateshead Cares and local people.

It is noted that a report on the Living Thriving Lives Plan has also been considered by this OSC at its September 2023 meeting.

Other updates: Updates were also provided on other items considered by the System Board including:

- Winter Resilience Plans
- CNTW's organisational model
- Alternative Crisis Pathway development
- Asylum & Migration Update
- The migration to Universal Credit for people in Gateshead
- Impact of the Bus Strikes
- Recommendations of the DPH's Annual Report 2023/24 'Profit before People'
- Planned meetings of the Gateshead Cares Professional Forum
- The work programme of this OSC and how health partners can input to this going forward
- The financial outlook of the ICB and Council for 2024/25

HWB Developing Together Session

55. A Development Session for our HWB and local health and care system took place on the 29th of February 2024. The session was well attended by representatives of partners who sit on the HWB and Gateshead Cares System Board.

56. The purpose of the session was to consider:

- What should be our top three shared priorities
- What would be the biggest enabler to help us deliver these priorities with pace
- How do we deliver these priorities together:
 - what commitments do we need to make to deliver our priorities
 - what resources will we need to make available
 - what would success look like

57. An overview was provided on what we are already doing in Gateshead to integrate services with a particular focus Integrated Area Teams and work taking in Beacon Lough East as an example of this approach.

58. The session confirmed that our common aspirations include:

- Reduce inequalities and increase equity across our communities
- Better life opportunities for all
- Economic regeneration (Wealth = Health)
- Greater focus on prevention (up-stream)

59. Key messages from the development session included:

- Prevention, connections, control and agency – these are key issues for our communities.
- We need to build on what we are already doing together to deliver in a more integrated and better way e.g. work taking place in Beacon Lough East and other locality areas across Gateshead.

- A key enabler should be delivery in and through local communities – listening to what communities see as their priorities, not replicating the same across all communities. Identifying areas with the most need (equity) and delivering through them.
- There should be a key focus on Children & Young People (Best start in life), early help and prevention.
- We have a number of Strategies that focus on how we can best deliver our joint aspiration to reduce health inequalities and secure greater equity across our communities. We need to ensure that they are all fully aligned.
- We need to take a more evidenced based approach and agree how we can get the most from the Gateshead £.
- We need to be brave and do the right thing - in agreeing our response to key challenges and in ensuring that there is a greater focus on prevention.
- We need to increase the pace of change.

60. The outcomes from the session are due to be considered further at the next Board meeting in April.

Recommendations

61. The views of OSC are sought on:

- (i) the progress update on the work of Gateshead's Health & Wellbeing Board for the second six months of 2023/24 as set out in this report.

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