

# North Somerset Council

## REPORT TO THE HEALTH AND WELLBEING BOARD

**DATE OF MEETING:** 01 March 2023

**SUBJECT OF REPORT:** Joint Health and Wellbeing Strategy – Phase 2

**TOWN OR PARISH:** All

**OFFICER PRESENTING:** Dr Georgie MacArthur, Consultant in Public Health

**KEY DECISION:** No

**REASON:** Financial implications not exceeding £500K; recommendations do not have a significant impact on two or more wards.

### RECOMMENDATIONS:

- TO NOTE the progress on implementing the **original**, and '**Phase 1**' refresh, actions within the North Somerset Health and Wellbeing (HWB) Strategy.
- TO NOTE the progress on delivering the '**Phase 2**' refresh of the North Somerset Health and Wellbeing Strategy.
- TO AGREE the proposals being developed within the '*Adult mental health*', '*CYP mental health*', '*CYP risk behaviour*', '*Physical activity*', and '*Green infrastructure*' Phase 2 priority workstreams, including agreeing awarding of funding as per the options outlined in section 2.

## 1. SUMMARY OF REPORT

The delivery of North Somerset's Health and Wellbeing Strategy has so far proceeded in three stages:

1. Implementation of the **original** strategy's published actions (since Autumn 2021).
2. Identification of new priority workstreams and interventions, as facilitated by funding from the BNSSG ICB alongside funding from the public health ringfenced grant, and agreed by the Health and Wellbeing Board in June 2022; the **Phase 1 action plan refresh** (implemented since Autumn 2022).
3. Further priority workstream identification, using the remaining joint funding; the **Phase 2 refresh** (currently in the planning phase).

This paper provides

- a) a brief update on the delivery of actions agreed within the **original**, and **Phase 1 refresh**, of the strategy
- b) an update on the **Phase 2 refresh** plans. including for the following workstreams:

- For **Adult and CYP mental health** – establishment of a targeted grant programme, and progress on a new NS mental health strategy.
- For **CYP risk behaviour** – collaborative work between NSC Children’s and Public Health teams on evidence-based interventions.
- For **physical activity** – development of a new NS physical activity strategy which will guide spending.
- For **green infrastructure** – identification and funding of projects in collaboration with place-based teams across the Council.
- For **equality, diversity and inclusion** – plans for funding to be developed, linked to actions across the Health and Wellbeing Strategy and to the development of other strategies e.g. the North Somerset Mental Health Strategy.
- For **carers’ health and wellbeing** – a proposal to develop plans for supporting carers’ health and wellbeing following a carers’ needs assessment and refresh of the carers’ strategy.

## 2. DETAILS

### 2.1. Background

Delivery of actions within North Somerset’s Health and Wellbeing Strategy commenced in Autumn 2021. As members of the Board will be aware, additional strategy actions and initiatives were funded as ‘Phase 1’ of the strategy refresh. In the October 2022 Health and Wellbeing Board, members agreed that the remaining additional funding would be utilised in a ‘Phase 2’ process across seven priority workstreams of activity, three of which are directly linked to the development of mental health and physical activity strategies. An update on progress is provided in further detail below. It should be noted that limitations on available capacity to design and administrate approaches to allocate funding within a small number of the Phase 2 workstreams have slightly delayed progress.

### 2.2. Delivery of the original Health and Wellbeing Strategy actions

The latest update of progress in implementing actions outlined in the HWB strategy, as of Q2 2022/23, is below. Further detail can be found in the [data dashboard](#).

Status	Actions	Percentage
Completed	28	33%
In-Progress (Green/Green-Amber)	18	21%
In-progress (Amber)	30	35%
In-progress (Red) or Not Started	6	7%
Update pending	4	5%
	86	

## 2.3. Delivery of the Phase 1 refresh Health and Wellbeing Strategy actions

An additional 21 actions and programmes were funded through the Phase 1 refresh process completed in June 2022. A proportion of these activities commenced in Autumn 2022, and this update represents the first 'Phase 1 refresh' progress report shared with the Board.

Status	Number of actions	Percentage
In-Progress (Green-Amber)	6	29%
In-progress (Amber)	5	24%
In-progress (Red) or Not Started	5	24%
Update pending	5	24%

## 2.4. Indicative Phase 2 priority workstreams and allocations

At the October 2022 Health and Wellbeing Board, seven themes were deemed to be priority areas for allocation of remaining funding, given their importance to population health and/or the need to strengthen activity within the existing Health and Wellbeing Strategy action plan. These were (with their indicative financial allocations):

- Adult mental health (£100,000)
- Children and young people mental health (£100,000)
- Children and young people risk behaviours (£50,000)
- Physical activity (£80,000)
- Green infrastructure (£65,000)
- Equality, diversity, and inclusion (£50,000)
- Carers' health and wellbeing (£40,000)

## 2.5. Updates on priority workstreams

### 2.5.1. Adult mental health and CYP mental health

An all-age North Somerset Mental Health Strategy is in development, overseen by a multi-agency stakeholder group. This is planned for publication in Spring 2023.

The majority (£120,000) of the Phase 2 funding allocation for adult and CYP mental health will fund interventions and activities devised through this Strategy's action plan. The remaining £80,000 has been made available for applications through a mental health grant scheme, targeting interventions that focus on:

- Addressing and/or responding to experiences of trauma;
- Enabling implementation of trauma-informed practice and trauma-responsive services; or
- Addressing and/or responding to trauma and adversity in childhood by improving resilience and wellbeing and preventing or responding to self-harm among CYP.

This grant programme was rapidly established and prioritised action on trauma and resilience in adults and CYP as a reflection of the urgent need in this area, and as advocated for by stakeholders and agreed by the North Somerset Mental Health Strategy Group. The programme opened on 4 January and closed on 6 February. Proposals have been reviewed and scored by an evaluation panel including colleagues from NSC, BNSSG ICB and the

VCFSE sector and have also been considered by members of the Mental Health Strategy Group (although it is noted that attendance among the group was limited owing to timing).

Five bids were received (please see Appendix for details). On the basis of urgency of need being identified among young people, the evidence base regarding the impact of whole-school and inclusive approaches to mental health, and higher risk and need among specific CYP populations in schools who may benefit from a trauma-informed approach (LGBTQ+ young people, CYP with SEND, care experienced YP), it is proposed that funding be awarded to the following proposals which focus on CYP, together totalling £80K:

1. Interventions to prevent and address self-harm among young people: a Wellbeing Practitioner with Off The Record to deliver group workshops, based on CBT principles, with young people in secondary schools who may be self-harming and for those impacted by low self-esteem and poor body image.
2. Embedding a trauma-informed approach in primary and secondary schools via training; topic-specific seminars; peer supervision; a pilot programme in two schools and a co-ordinator post. Led by North Somerset Council Children's Directorate.

A strategically-focused bid for a trauma-informed practice operational lead for North Somerset was also a high-scoring bid and was considered a priority in both parts of the evaluation process, thus it is proposed that this be considered in relation to the remaining Mental Health Strategy action plan budget, and that other sources of funding be explored that might be able to contribute to this. This is also the case for a proposal for an expanded offer of 1:1 trauma counselling and education and support workshops for parents of CYP who are self-harming, which meets a known need (the total cost of this bid was low at £6K).

**The Health and Wellbeing Board are asked to indicate whether they give approval for the above approach.**

#### 2.5.2. CYP and Risk

Colleagues in North Somerset Council's Children's Directorate and Public Health team have collaborated to propose an intervention to reduce the risk of engagement in harmful behaviours, building on findings in the recent Exploitation Needs Assessment and Children and Young People's Mental Health Needs Assessment. It is proposed to the Health and Wellbeing Board that a programme of work be initiated, overseen by the multi-agency North Somerset Exploitation Partnership, that focuses on addressing exploitation, a major determinant of multiple harms and risk behaviours among CYP and through the life course. The proposed work would involve:

1. Training of school staff (and other linked professionals such as school nurses) to improve knowledge, skills and confidence in identifying CYP that may be at risk of exploitation; and identifying and responding to signs that CYP are being subjected to criminal and/or sexual exploitation, enabling referral to sources of intervention and support.
2. Strengthening pathways of preventive interventions for those at risk, as well as strengthening interventions for CYP that have been subject to exploitation to strengthen the support available.

The above actions are intended to reduce exploitation through a preventive approach involving early identification of risk, as well as reducing the significant and long-term impacts on mental health, sexual health, drug and alcohol use, education, criminal activity and others.

An evidence-based programme of work would be developed and overseen by the North Somerset Exploitation Partnership, with a dedicated Task-and-Finish Group focused on review of evidence, engagement with relevant partners and CYP with lived experience, evaluation of the costs and feasibility of different options, and co-production, to develop a new model or set of pathways within the funding allocation of £50K.

An evaluation framework would be developed in tandem, using quantitative data including (but not limited to): the impact of training on professionals' knowledge and skills; referrals to the Substance Advice Service, mental health services and sexual health services; involvement in county lines; and qualitative feedback from CYP and professionals.

**The Health and Wellbeing Board are asked to provide any comments and to indicate whether there is approval of plans this proposed workstream.**

### 2.5.3. Physical activity

A draft version of the all-age Joint Physical Activity Strategy has now been developed following extensive consultation with residents, physical activity providers, schools, town and parish councils and key stakeholders. Several barriers, gaps and opportunities were identified following consultation and have been grouped into the following key themes:

- Accessibility
- Built environment
- Natural environment
- Funding and resources
- Behavioural influences
- Target groups
- Activities and promotion
- Connectivity and travel.

A Physical Activity Strategy Steering Group is being formed and will oversee action planning and allocation of the £80K budget afforded by the Health and Wellbeing Board for physical activity interventions that will deliver the objectives and actions related to the themes outlined above.

### 2.5.4. Green infrastructure

Total funding of £65K was allocated by the Health and Wellbeing Board for Place-based activity that supports delivery of the Health and Wellbeing Strategy concurrently with other North Somerset Strategies such as the Green Infrastructure and Active Travel strategies.

Colleagues in both NSC's Public Health and Place Directorates have worked with relevant strategic leads across the Council to propose that this funding be allocated to the projects below.

**The Health and Wellbeing Board are asked to provide any comments and to indicate whether there is approval of plans this proposed workstream.**

Name of project	Budget	Description of activity	Anticipated outcomes	Project monitoring and evaluation
Green infrastructure - Ranger	£30k	Employment of a Ranger for a period of 2 years. Existing UK Shared Prosperity Funding for 0.75 FTE of this role, and this additional	Improved health and wellbeing outcomes for participants	-Attendance at events (monitoring new and existing participation)

		<p>investment, will enable appointment of a full time Ranger. This will increase the impact of this new role.</p> <p>The Ranger will lead sessions for volunteers and residents who have been encouraged to take up Green Social Prescribing (GSP) opportunities; targeting areas of deprivation as well as our disabled community and older people.</p>	<p>(through exercise, mindfulness, reduced social isolation and community cohesion) and direct action to improve biodiversity and address the climate emergency.</p>	<p>-Participant feedback and self-assessed wellbeing before and after sessions</p> <p>-Natural environment perception scores</p> <p>-Feedback sessions with existing volunteer groups and GSP providers</p>
Pier to Pier cycle route opening event	£5k	<p>Promotion of the Pier-to-Pier active route is planned to start from May 2023. This will realise a 40-year aspiration to link Clevedon and Weston via a cycle route and enable physical activity through regular leisure and commuter use.</p> <p>A launch event will promote the new route and encourage use. Weston Hospice-care volunteers will promote a family cycle ride along the route. Associated activity on the day could include:</p> <ul style="list-style-type: none"> <li>• Bicycle demonstrations</li> <li>• Bikes for hire schemes supported by NSC</li> <li>• Bike maintenance activities</li> <li>• The Council's 'smoothie bike'</li> <li>• Avon &amp; Somerset bike branding team</li> <li>• Promotion of local cycling groups and other charities and organisations that support cycling accessibility for all</li> </ul> <p>The funding would support activities, as well as barriers and other event safety measures. Match funding would be in-kind from the Placemaking team, eBikes UFO and other cycling charities and organisations.</p>	<p>Promotion of cycling to North Somerset residents by demonstrating accessibility and fun of cycling, including promotion of the new Pier to Pier cycle route.</p> <p>A successful event could demonstrate the value of further cycling promotion events in North Somerset.</p>	<p>-Estimation of attendee numbers (it is hoped the event will attract at least 250 attendees)</p> <p>-Monitoring of social media engagement with the event (aim for promotion of the event, cycling routes and local businesses and organisations to reach at least 1,000 views)</p>
Weston Central Liveable Neighbourhood	£20k	<p>Contribution towards an overall project budget of £270k (other source of funding is the Department for Transport's Active Travel Fund).</p> <p>Central Weston is one of the most deprived areas in the region. This funding will enable the expansion of a scheme to make residential streets of Weston Central (BS23 3AF) a Liveable Neighbourhood.</p> <p>The additional funding will allow NSC to add further active travel elements such as pedestrian priority at side roads, build-outs to aid safe crossing, parklets (mini on-street parks &amp; seating) and/or bicycle hangars for secure cycle parking.</p>	<p>Removal of through traffic and reduction in vehicle speeds resulting in safer streets. Walking, wheeling and cycling therefore become more attractive options for short journeys.</p> <p>Reduced health inequalities by addressing some of the leading causes of ill-health.</p>	<p>Monitoring and evaluation plan for the broader scheme being finalised.</p> <p>Likely to include:</p> <ul style="list-style-type: none"> <li>- Before and after surveys on activity levels with local residents (qualitative and quantitative questions)</li> <li>- Before and after video surveys of numbers walking/ wheeling and cycling</li> <li>- Before and after surveys of through traffic and parking</li> </ul>

		Liveable Neighbourhoods (also known as Low Traffic Neighbourhoods) have been shown to increase physical activity, improve air quality and boost mental wellbeing		-Longer term health outcomes monitoring
Improving Pedestrian Wait Times at Signalised Crossings	£10K	<p>Contribution towards an overall project budget of £75k (other sources of funding are 2 separate pots from Active Travel England)</p> <p>All signalised pedestrian crossings in the district are being considered under this scheme to reconfigure them and elevate the priority / hierarchy of active travel users through reductions in wait times.</p> <p>Crossings in areas of deprivation and near schools and/or health services will be prioritised and up to a third of all local crossings could be reconfigured if funding bids are successful.</p> <p>The project is scalable so this funding will expand the number of crossings being reconfigured.</p>	<p>This project is part of a wider effort to improve our active travel network.</p> <p>Individual impacts of reconfiguring one crossing likely to be small but will add up over time and across the whole population to increase the number of active travel users. This is an important step as we look to decarbonise our transport network and promote the many health and wellbeing and economic benefits of active travel.</p>	<p>Initial feasibility trial (conducted at two sites in Nailsea) has identified reductions in average pedestrian wait times of more than 30%.</p> <p>Evaluation plan will allow us to clearly identify the impacts from the funding and report/publicise accordingly. Could include:</p> <ul style="list-style-type: none"> <li>-The locations and number of crossings optimised</li> <li>-Reductions in pedestrian wait times</li> <li>-The number of pedestrian trips impacted</li> </ul>

### 2.5.5. Equality, diversity, and inclusion

NSC Officers have engaged with the Equality Scheme Implementation Group and have consider ways in which dedicated funding specifically for equality, diversity and inclusion (EDI) could enhance the impact of the HWB Strategy. It was proposed that funding should ensure that planned activities across all HWB strategy workstreams address EDI e.g. through top-up funding where required to strengthen EDI. However, it is also likely that investment will be needed for actions in the Mental Health Strategy and Physical Activity Strategy (and other strategic plans) that aim to increase inclusivity and address needs in specific groups e.g. Black, Asian and minority ethnic groups, LGBTQ+ people, refugees and asylum seekers, and other groups. As such, it is proposed that investment be held temporarily, and more specific plans be developed and returned to the Health and Wellbeing Board for approval at a later date.

### 2.5.6. Carers' health and wellbeing

A refresh of the Carers Strategy is planned and further work is required to develop a carers health and wellbeing needs assessment. Plans for funding to support carers' health will be developed in line with those activities and returned to the Health and Wellbeing Board later in the year for approval.

## **3. FINANCIAL IMPLICATIONS**

Funding for the Phase 1 and Phase 2 refresh of HWB Strategy action plan has been facilitated by joint funding from the public health ringfenced grant and BNSSG ICB. Governance for funding proposals is provided by the Health and Wellbeing Board.

## **4. CLIMATE CHANGE AND ENVIRONMENTAL IMPLICATIONS**

The Health and Wellbeing Strategy incorporates a range of plans which support action in addressing climate change, such as a focus on community-based initiatives that aim to provide local activities and services closer to people's homes, reducing the need for travel.

In addition, the Phase 2 refresh includes a number of proposals under the 'green infrastructure' workstream that will directly support climate action.

## **5. RISK MANAGEMENT**

Delivery and implementation of the strategy and action plan is overseen by the Health and Wellbeing Board, and risks to delivery of this work will be identified to the Board for discussion and resolution.

## **6. EQUALITY IMPLICATIONS**

The Health and Wellbeing Strategy includes actions which are targeted to areas of greatest deprivation or health need, or which prioritise activities that address needs in particular population groups.

Proposals outlined in the Phase 2 refresh have, or will, similarly include consideration of how interventions may best be targeted to underserved populations.

## **7. CORPORATE IMPLICATIONS**

As outlined in previous updates, the Health and Wellbeing Strategy reflects NSC's vision of being open, fair, and green via the focus on consultation, engagement and inclusion of community-focused action and targeted action to address health inequalities.

This strategy, including activities within the Phase 2 refresh, directly support a range of strategies and programmes already in place, such as the Economic Plan, Green Infrastructure Strategy, and Active Travel Strategy among others, as well as being linked to strategic developments across the ICB.

## **AUTHOR**

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## **APPENDICES**

Appendix 1.

Mental health strategy bids received:

1. Embedding a trauma-informed approach in primary and secondary schools via training; topic-specific seminars; peer supervision; a pilot programme in two schools and a co-ordinator post.
2. Co-training workshops with professionals across North Somerset for 3-days over a 9-month period to enable shared learning and to increase understanding of trauma and the impact of trauma, building of relationships and development of a consistent approach to trauma-informed practice.



3. Interventions to prevent and address self-harm among young people: a Wellbeing Practitioner to deliver group workshops, based on CBT principles, with young people in secondary schools who may be self-harming and for those impacted by low self-esteem and poor body image.
4. Training in trauma-informed practice and enhanced delivery of 1:1 trauma counselling for people who have experienced trauma, including refugees. Parent education and support workshops to be delivered in one school as a pilot scheme and then two additional schools.
5. Training in trauma-informed practice and operational capacity to co-ordinate and join-up existing trauma-informed practice, and implement a North Somerset action plan, including a steering group, development of a trauma-informed Ambassador network, embedding shared values into strategy, policy and practice, involvement and co-production, and operational support for delivery of the BNSSG TI workplan.

## **REFERENCES**

N/A