

Joint Health & Wellbeing Strategy 2021-2024



Background

Original HWB Strategy

- Over 60 actions with more than 140 outcome measures
- Being delivered by NSC and partners since Autumn 2021

Phase 1 refresh

- Funded by additional resource from BNSSG ICB and PH grant
- 21 additional activities
- Some delivery by NSC and partners as of Autumn 2022

Phase 2 refresh

- Funded by remaining additional resource from BNSSG ICB and PH grant
- 7 indicative workstreams agreed by HWB Board in October 2022
- Update on planning, and proposal for some reallocation

Recommendations to HWB Board (01/03/23)

1. TO NOTE the progress on implementing the **original**, and '**Phase 1**' refresh, actions of the North Somerset Health and Wellbeing Strategy.
2. TO NOTE the progress on delivering '**Phase 2**' of the North Somerset Health and Wellbeing Strategy refresh.
3. TO AGREE the proposals 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.

Progress update: **Original** H+WB Strategy actions

Status as per end of Q2 2022/23

| Status | Number | 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% |

Progress update: Phase 1 H+WB Strategy actions

Status as per end of Q3 2022/23

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

Phase 2 development

At the October 2022 HWB Board, the Board agreed the remaining HWB strategy funding would be used to deliver actions and initiatives under these theme areas:

| | |
|---------------------------------------|------|
| HWB of carers | £40K |
| Equality, Diversity, Inclusion | £50K |
| Green infrastructure & sustainability | £65K |

| | |
|------------------------|-------|
| Mental health - adults | £100K |
| Mental health - CYP | £100K |
| Risk behaviour – YP | £50K |
| Physical activity | £80K |

Phase 2 development: Adult and CYP mental health

Budget allocated: £200k

Forum/format for oversight: NS Mental Health Strategy Group

Progress:

- All-age MH strategy in development; £120k reserved
- £80k available through focused grant scheme for projects that:
 - Address and/or respond to experience of trauma
 - Enable implementation of trauma-informed practice
 - Prevent or respond to self-harm among CYP

Phase 2 development: Adult and CYP mental health

- Proposed bids for approval by the Health and Wellbeing Board (total £80K):
 - Wellbeing Practitioner with OTR to provide group support for young people who may be self-harming and for those impacted by low self-esteem and poor body image. (Off the Record)
 - Embedding a trauma-informed approach in primary and secondary schools via training, topic-specific seminars, peer supervision groups, pilot programme (2 schools), co-ordinator role. (NSC Children's)
- Other sources of funding (including consideration alongside remaining MH budget) to be sought for training and trauma-informed practice operational post for North Somerset
- 1:1 counselling and parent support.

Phase 2 development: CYP risk behaviours

Budget allocated: £50k

Forum/format for oversight: NS Exploitation Partnership

Progress:

- Actions to be informed by Exploitation Needs Assessment and CYP Mental Health Needs Assessment
- Focus proposed: training of school staff re identifying risk of exploitation & signs that CYP have been subjected to CCE/ CSE; strengthening pathways of preventative interventions and responsive interventions.
- Evaluation framework to be developed in tandem.

Phase 2 development: Physical activity

Budget allocated: £80k

Forum/format for oversight: NS Physical Activity Steering Group

Progress:

- Draft strategy now developed
- Key themes include: Accessibility, Built environment, Natural environment, Funding and Resource, Target groups, Activities and promotion, Connectivity and Travel.
- Funding proposals to be produced in line with development of action plan and prioritisation process

Phase 2 development: Green infrastructure

Budget allocated: £65k

Forum/format for oversight: Collaboration between NSC PHRS and Place Directorate

Progress:

- Proposed direct award of funding to projects as informed by NS Strategies such as the North Somerset Green Infrastructure and Active Travel strategies.

Phase 2 development: Green infrastructure

| Project | Budget | Activity | Anticipated outcomes |
|--|--------|---|--|
| Green infrastructure ranger | £30k | To part-fund a 2-year Ranger post. The role will include: <ul style="list-style-type: none"> Leading sessions relating to green social prescribing Proactive targeting of activity in areas of deprivation, as well as for older people and people with disabilities. | Improved health and wellbeing for participants (through exercise, mindfulness, reduced social isolation, etc), and direct action to improve biodiversity. |
| Pier to Pier cycle route | £5k | To fund a launch event of the Pier-to-Pier cycle route (expected May 23), including: bicycle demonstrations, bike hire schemes, maintenance activities, promotion of local cycling groups. | Promotion of cycling to NS residents by demonstrating accessibility, and fun, of cycling. |
| Weston Central liveable neighbourhood | £20k | Part funding of this project (total budget £270k), which will enable further active travel elements within the project plan, such as: pedestrian priority at side roads, 'parklets', and bicycle hangars for secure parking. | Removal of through traffic, and other activity that results in safer streets, and thereby increased walking and cycling. |
| Improved pedestrian signal crossings | £10k | Part funding of this project (total budget £75k), to increase the number of crossing reconfigured to elevate the priority given to pedestrians and active travel users. Crossings in areas of deprivation to be prioritised. | At the individual level, the impact of changing one crossing is likely to be small, however across the LA area and population, this is an important step in promoting active travel. |

Phase 2 development: ED+I and Carers' health

Budget allocated: £90k originally combined

Progress:

- ED+I: Completed engagement with Equality Scheme Implementation Group
 - Recommendation that EDI action across all 7 workstreams
 - Specific actions may be linked to mental health strategy
- Carers' Health: to build on Carers' Needs Assessment & strategy refresh (2023-24) – progress delayed to date owing to limited capacity.

The Health and Wellbeing Board are asked to:

- Note and comment on progress with implementation of the HWB strategy
- Comment on proposed actions developed as part of Phase 2 of the action plan refresh
- Approve recommendations for funding in specific workstreams:
 - Mental health
 - CYP and risk behaviour
 - Green infrastructure

Thank you

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With thanks to:

Lewis Peake, StR Public Health

Colleagues across NSC Public Health, Adults, Children's and Place Directorates

Mental Health Strategy Board

Equality Scheme Implementation Group

Health and Wellbeing Strategy Oversight Board