

# North Somerset Council

## REPORT TO THE HEALTH AND WELLBEING BOARD

**DATE OF MEETING:** 1 November 2023

**SUBJECT OF REPORT:** Joint Health and Wellbeing Strategy Update and Draft North Somerset Mental Health Strategy

**TOWN OR PARISH:** All

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

**KEY DECISION:** No

**REASON:** Paper for information and discussion.

### RECOMMENDATIONS:

The Health and Wellbeing Board are invited to:

- (i) Note ongoing progress in implementing the joint Health and Wellbeing Strategy.
- (ii) Consider and approve a proposal for extended capacity to implement oral health programmes for children and young people to complete strategy actions.
- (iii) Consider and approve the allocation of funding for Phase 2 workstreams: (i) adult mental health and (ii) children and young people's mental health.
- (iv) Note suggestions for the foundation structure of the next Joint Local Health and Wellbeing Strategy 2024-2028.
- (v) Provide comments and suggestions on the draft all-age North Somerset Mental Health Strategy 2023-2028.

## 1. SUMMARY OF REPORT

The report includes a quarterly summary of progress, and proposals for review by the Health and Wellbeing Board regarding allocation of funding aimed at improving mental health and oral health.

An overview of the updated draft North Somerset Mental Health Strategy is also included for consideration by the Health and Wellbeing Board. A copy of the draft is appended to the report, for perusal and comment by the Board.

## 2. DETAILS

### 2.1. Delivery of the Joint Health and Wellbeing Strategy action plan.

The latest update of progress in implementing the actions outlined in the Health and Wellbeing strategy, highlighting progress from 2023-24 Q1, is outlined below.

**Table 1. Summary of progress in implementing Health and Wellbeing Strategy actions in 2023-24 Q1.**

Status	Q1	
	Actions (n)	Actions (%)
Completed	11	12
In-Progress	19	21
In-progress	49	55
In-progress (but delayed) or Not Started	10	11
<b>Total</b>	<b>89</b>	<b>100</b>

As outlined in the meeting in July 2023, several actions have been delayed owing to a lack of capacity and prioritisation of other actions in the plan or owing to a re-prioritisation of work linked to strategy development (Appendix 1, Table A1). Opportunities and challenges will be explored in relation to these actions to identify whether they should be included and prioritised in the next strategy 2024-2028. In addition, care will be taken as the next strategy is developed, to ensure that all actions are realistic and achievable.

In the meeting of the Health and Wellbeing Board in July 2023, the need for evaluation of impact was raised. We aim to build on knowledge of which actions have had impact on the intended outcomes as the next strategy is developed. More detail will be shared in due course. In the meantime, outlined below is a snapshot of qualitative data received over the past 2 quarters from individuals engaged in Health and Wellbeing Strategy-supported projects, demonstrating views and perspectives about experiences and outcomes.

**Table 2. Snapshot of qualitative feedback regarding exemplar Health and Wellbeing Strategy projects by theme**

Theme	Organisation and project	Feedback
Food and nutrition	NSC, Weight Management Services	e.g. Local weight management and postnatal groups:  Q1: Data available for 25 of 33 participants. Weight loss was observed at 12-weeks for 20 of 25 (80%) of participants (% reduction ranging from -11.2 to -0.1). Range for all 25 participants: -11.2 to 1.36)

		<p><i>“it has made me think and reconsider my eating habits. It’s also encouraged me to be active more frequently.”</i></p> <p><i>“Great experience. Lost weight and have made healthier choices throughout course that I will continue.”</i></p> <p><i>“..lower BMI, weight loss, better posture, more energy”</i></p>
	Community food grants	<p>Projects in 2022/23 worked directly with approximately 150 people and the projects for 2023/24 aim to work directly with approximately 557 people. Participants include refugees, asylum seekers, those living in challenging circumstances impacted by socioeconomic deprivation, people with neurodiversity, social, emotional and mental health issues, and/or those who do not receive three meals a day, and some who had low intake of fruit and vegetables. Qualitative feedback indicated benefits around cooking skills, food and nutrition knowledge and skills, social connections, wider skills development, and budgeting.</p> <p><i>“It has changed my shopping habits as well, and my monthly shop is now a lot cheaper”</i></p> <p><i>“It was great to be able to cook with ingredients that I would not normally even consider. Also very nice to speak with others and exchange ideas. It has definitely helped me to be more confident and has brought my cooking mojo back!</i></p>
	Purple Food Pantry (Food Club)	<p>2022/23 Q3&amp;4: Warm space with &gt;45 participants and 15-20 regular visits</p> <p>2023/24 Q1: 25 households joined in one month and community pantry launched. Wraparound services introduced e.g. food bank pop-up.</p> <p>7 of 9 respondents reported positive changes in dietary behaviour, 6 of 9 reported one or more benefits to mental or physical health; the weekly turnover of fresh food reached 70kg; and the estimated average basket was 60% cheaper than equivalent from supermarket.</p> <p><i>“It’s a fantastic scheme both from a price-point view in this economic uncertainty and from an environmental issue view point. Its also given me</i></p>

		<p><i>somewhere local to 'pop' to and I really enjoy going every week to get out of the house".</i></p> <p><i>"..the pantry has really helped us with our food spending"</i></p>
Physical activity	NSC, Health Walks	<p>In one quarter (2022/23 Q4), 2,028 people attended Health Walks in North Somerset.</p> <p><i>"Had done no regular walking or exercise for many years. Everybody is so friendly and I get chatting to different people every time. And I feel so much better for it. I do struggle to keep up and I am sometimes out of breath, but I feel this is got to be good for me..."</i></p> <p><i>"The group were very welcoming and there was always someone to chat to and make new contacts. As my friends retired I persuaded them to join and so over the years it has become a regular, weekly social event. You learn about different areas, you make friends, keep fit and more importantly we usually find something to laugh about".</i></p>
	Age UK, Physical activity classes for older adults.	<p><i>"Good exercise, good fun and good for all round health"</i></p> <p><i>"Always look forward to Fridays meeting up with friends. Always feel better mentally &amp; physically afterwards. This is down to our instructors ability to make the classes enjoyable as we learn new skills for coping with the challenges of everyday life in later years"</i></p> <p><i>"Please carry on with these classes"</i></p>
Mental health	Reclaim	<p>The number of people accessing the service has risen and four additional therapists have been recruited in response. Therapists offer specialist therapies e.g. art therapy, family therapy. A peer support group has been introduced as has support for those experiencing chronic pain and disability due to domestic abuse.</p> <p><i>"My counsellor's setting, approach to my journey, and unbelievably never-ending striving to help me have undoubtedly changed my life."</i></p>

		<i>"I have felt I have been given coping mechanisms that helped me through this time in my life massively."</i>
	Community mental health grants	Among mental health projects, of 755 interactions: 40% reported a positive change in relation to loneliness, 24% in relation to happiness, and 34% in relation to anxiety.  Among 502 individuals attending social prescribing programmes: 32% reported benefit in happiness, 29% anxiety, 16% social isolation.
	Osprey Outdoors, Outdoor activities and skills development.	11 Horticulture for Wellbeing Sessions, 13 Cycling and Exploring the Landscape, 8 Walking and Exploring the Landscape, 7 Conservation for Wellbeing (80 people reached).  <i>"I avoid certain area of the community and am always depressed so coming on the walks gives me more confidence and makes me feel happy."</i>  <i>"Hiding away from the rain yesterday was a bit depressing, so coming out for a walk today was just what I needed. Very wet and very muddy but totally fun, friendly and uplifting. I really value these walks."</i>
Support with alcohol use	WAWY Alcohol Liaison	In total, 86 referrals were made in 2022/23 Q4, and 76 in 2023-24 Q1.
Tobacco dependence	Stop smoking services	The prevalence of smoking among pregnant women at the time of delivery has fallen from 11.3% in 2017 to 9.1% in 2022
Wider determinants of health	Cost-of-Living Crisis and Housing	Warmer Homes, Advice and Money  Since the start of the project in August 2022, 191 individuals have been supported, (42 in Q2, 46 in Q3, 103 in Q4). The total financial impact for those receiving the service in Q4 alone was £41,079. One third of clients were >65 years of age and 70% were female.
	Asset-based approach	Asset build – Weston-super-Mare South Ward  Q4+Q1: contact with 620 people + 100, direct work with 230 + 200 people, collaboration with 80 + 60 organisations.

		Support to community & activities include repair shop, family events, growing, art in action, and new community support groups, among others.
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## 2.2. Oral health in children and young people

In North Somerset, 22% of 5-year-olds have visible tooth decay, 52% of under 11-year-olds have not seen a dentist in the last 12 months, and in 2019, hospital admissions for extraction due to tooth decay in 0–19-year-olds were higher than the national and regional averages (157 per 100,000 in 2019, vs 109/100,000 in England and 149/100,000 in the South West). Access to NHS dentistry is extremely limited.

In response to this need, two of the Health and Wellbeing Strategy objectives include:

- Reduction in percentage of 5-year-olds with tooth decay.
- Increased uptake of interventions that prevent tooth decay in children under 5 years.

The NHS children and young people’s CORE20PLUS5 plan also includes an aim to reduce the number of children being admitted to hospital for tooth extraction under general anaesthetic, while supporting good dental health supports the wider ambition of Starting Well.

The Health and Wellbeing Strategy funding supports several actions:

- Targeted toothbrush pack distribution pilot project to 3-5 schools in the most deprived areas of North Somerset to reach years 1-6 (age 5-11)
- Support for refugee and asylum seeker oral health including co-ordination of Dentaaid provision and toothbrush pack distribution.
- Support for the Regional Supervised toothbrushing scheme to 40 early years settings (ages 3-4) across North Somerset.
- Support with First Dental Steps initiative for early years children (intervention at 2 years).
- Oral health promotion training to early years and school staff, childminders, children’s centre staff with support for the Healthy Early Years programme (0-5 year olds).

In order to enable this work to continue, it is proposed that the role of the Oral Health Specialist is extended from 31 August 2024 to 28 March 2025 with an increase in hours from 12 hours/week to 18.5 hours/week (0.5WTE). The cost of this extension for 7 months would be approximately £12,630, which could be sourced from underspend in the phase 1 budget.

The rationale for extension of the role is as follows:

- An increase in oral health promotion training workload due to oral health promotion training no longer being available from the Oral Health promotion team.

- The Toothbrush pack distribution scheme started in September 2023 and is due to run for an 18-month period. The additional length of contract and increased hours will be used to ensure full delivery of this project, including the final delivery and distribution in phase 2 and phase 3, the post intervention survey and evaluation.
- The Regional procurement of the Supervised Toothbrushing scheme has been delayed further than expected. The scheme was due to start in September 2023, but a confirmed start date is not available, and the scheme will be started in other local authority areas first before being rolled out to other areas, including North Somerset.

**The Health and Wellbeing Board are invited to consider and approve the proposed extension of the role.**

### **2.3. Phase 2 priority workstreams and allocations: Mental health**

As outlined to the Health and Wellbeing Board previously, the phase 2 mental health workstream is linked to the all-age North Somerset Mental Health Strategy in development, overseen by a multi-agency stakeholder group.

To date, funding has been allocated to two projects, totalling £80K:

1. A Wellbeing Practitioner (for an 18-month period) with Off the Record to deliver the MindAid and Shameless group workshops, with young people in secondary schools who may be self-harming and for those impacted by low self-esteem and poor body image (£40K).
2. Embedding of a trauma-informed approach in primary and secondary schools via training; topic-specific seminars; peer supervision; a pilot programme in two schools and a dedicated role to co-ordinate this work. Led by North Somerset Council Children’s Services Directorate (£40K).

Potential allocations for the remainder of funding were discussed and agreed with the North Somerset Mental Health Strategy Board. It is proposed that the remainder of the budget be allocated indicatively as below.

<b>Theme</b>	<b>Activity</b>	<b>Indicative budget</b>	<b>Rationale</b>
Children and young people’s mental health	Engagement and co-production of new services or service developments.	£15K	Stakeholders have identified a need for targeted engagement with children, young people and families regarding mental health and facilitation of co-production to ensure that activities and services meet their needs in the best way possible.
	Contribution towards mental health support	£3.5K	See ‘Adult Mental Health’

	for families at risk of housing problems.		
	Support for information provision and workshops for parents/ carers regarding children and young people's mental health.	£1.5K	Engagement for the mental health strategy highlighted a need for support for those awaiting services or between services. North Somerset is also an outlier in relation to admissions to hospital for mental health conditions and for self-harm among children and young people. The provision of information and guidance for parents/ carers might therefore strengthen the information and support provided within families. Workshops provided to date in the community in Woodspring provide a foundation for potential expansion.
Adult mental health	Development and implementation of a training programme around dual diagnosis.	£6.3K	<p>A larger programme of work around dual diagnosis (in relation to mental ill-health and drug and/or alcohol dependence) is being taken forward by the North Somerset Drugs and Alcohol Partnership, building on the findings of an audit. One emerging recommendation from the audit is around training for professionals.</p> <p>It is proposed that a half-day training programme be developed (involving people with lived experience) and delivered that provides information on prevalence and other data to illustrate the frequent co-occurrence of substance misuse and mental health; lived experience of substance use and mental ill-health and the barriers and challenges experienced; stigma; national and local guidance; referral pathways; and available services. The suggested audience for the training might include: professionals from adult social care, primary care, mental health and substance use services, hospitals (e.g. alcohol care team, A&amp;E), social prescribers, and others.</p> <p>Training would aim to:</p> <ul style="list-style-type: none"> <li>• Strengthen awareness and understanding about co-</li> </ul>



			<p>occurring substance misuse and mental ill health, aiming to reduce stigma;</p> <ul style="list-style-type: none"> <li>• Provide health and care professionals with the knowledge and understanding of the challenges face by people with co-occurring substance use dependence and mental ill-health and how best to support individuals to engage in services; and</li> <li>• Improve awareness of referral pathways, referral mechanisms and local services available in North Somerset.</li> </ul> <p>Anticipated outcomes would include:</p> <ul style="list-style-type: none"> <li>• Increased referrals from health services into substance misuse services (using OHID data)</li> <li>• Increase in the number of people with substance use dependence accessing mental health services.</li> <li>• Increased knowledge and understanding of the issues encountered and experiences of those with a dual diagnosis.</li> </ul>
	<p>Mental health support for individuals engaged with housing services and at risk of housing problems.</p>	<p>£40K</p>	<p>The North Somerset Mental Health Needs Assessment highlighted the importance of focusing on wider determinants of health. Shifting the focus of action upstream to wider determinants of mental health need, such as housing, has the potential to address mental health-related inequalities and to have a long-term beneficial impact on mental health. Safe, secure and warm housing is critical to stability, resilience and mental wellbeing for both adults and children and young people.</p> <p>Stakeholders have identified the importance of addressing risks to housing stability. Snapshot data from September 2023 demonstrate that</p>

			<p>90% of those (n=32) applying for the social housing register declared mental health needs (and 19% of family members) but 22% were currently accessing support from mental health services.</p> <p>Early intervention through mental health support may reduce the risk of escalation in mental ill-health and enable accommodation to be maintained for both adults, and CYP for families. To address this gap, a one-year pilot scheme could be trialled, involving recruitment of a mental health support worker to provide support to those at risk of homelessness or housing problems and who are not eligible for social care or mental health services. It is proposed that £3.5K of the children and young people's budget be used, with a view that support would encompass their needs.</p>
	Engagement and co-production	£10K	As outlined above, the NS Mental Health Strategy Group have agreed that investment is needed to enable engagement around service development and design and to facilitate co-production over the longer-term.

It should be noted that approximately £43K would remain in the adult mental health budget. One suggested gap, identified via stakeholder engagement and in the adults mental health needs assessment as an immediate priority is peer support, which could be linked to the co-production outlined in Table 2 above. Work is ongoing to explore the feasibility and costs of a pilot programme.

**The Health and Wellbeing Board are invited to approve the above recommendation for allocation of the mental health strategy budget.**

#### **2.4. North Somerset Mental Health Strategy**

One objective in the Health and Wellbeing Strategy was to publish an all-age mental health strategy to optimise strategic co-ordination and delivery of mental health support. The ambitions and objectives were presented to the Health and Wellbeing Board in July 2023. The Board are invited to note a slight adjustment to the structure

of the ambitions and objectives, with similar objectives now grouped to streamline the structure.

It should be noted that based on recent and ongoing feedback, the draft is being updated to strengthen the focus on how inequalities and dual diagnosis will be addressed and evaluated, and to set out how mental health will be improved via a health in all policies approach and action on the wider determinants of health, such as housing, employment, social isolation, and engagement with green and blue spaces.

Next steps will be final stages of engagement and update of the draft, typesetting, and public consultation. A copy of the final draft (prior to typesetting) of the strategy and action plan can be found in Appendix 2, with the plan on a page below.

**The Health and Wellbeing Board are invited to provide comments and feedback regarding the draft mental health strategy.**

## North Somerset Mental Health Strategy 2023-2028

### Our Vision

*People in North Somerset are enabled and supported to have the best possible mental health and wellbeing and to live well in their communities, via a focus on prevention and early intervention and targeted action to reduce inequalities*

We will achieve our vision by focusing on three approaches and four ambitions. In the full strategy, we describe our objectives for each ambition, and the actions that we will take to support people to have the best possible mental health and wellbeing.

**Prevention:** preventing mental ill-health before it arises or preventing any worsening of mental health problems as early as possible

**Our ambition:** The foundations of good mental health and wellbeing are developed for all, through focused action in communities and settings across the life course

**Early Intervention:** identifying mental ill-health as early as possible and intervening early with the right support to prevent worsening of outcomes.

**Our ambition:** Timely support and early intervention are available in a range of settings for people

**Supported and Living Well:** supporting individuals in a holistic way so that people with mental ill-health can live well in our communities.

**Our ambition:** Services and service developments are co-produced with people with lived experience of mental ill-health and members of local communities, and build on data, intelligence, and engagement

**Our ambition:** Support and care provided takes a proportionate universalism approach that tackles inequalities, builds on strengths, and is responsive to risk and mental health need

### How will we know when we've been successful?

We will monitor progress towards targets for mental health and wellbeing outcomes and inequalities for adults and children and young people.

- Among adults, we will examine wellbeing scores and the prevalence of depression.
- Among children and young people, we will examine the prevalence of school pupils with social, emotional and mental health need, and the rate of A&E attendance and hospital admission for self-harm among children and young people.

### Delivery of the strategy will be underpinned by our guiding principles



## 2.5. Joint Local Health and Wellbeing Strategy 2024-2028

The Health and Wellbeing Strategy has been contrasted against the ICS strategy and the emerging ambitions and commitments in the North Somerset Council plan to examine strategic fit. Analysis and collation of data regarding priority health needs is underway and the findings of existing and recently conducted engagement activities are being collated. Initial discussions have also been held with the Health and Wellbeing Strategy Oversight Group regarding overarching ambitions.

To ensure alignment and a clearer focus on addressing wider determinants of health and inequalities, it is proposed that the ambitions be broadened to include:

- (i) **Prevention:** preventing health and wellbeing problems before they arise and before they deteriorate.
- (ii) **Early intervention:** improving outcomes by intervening as early as possible when health problems develop.
- (iii) **Holistic action and support:** ensuring action on the social, economic and environmental determinants of health.
- (iv) **Thriving communities:** empowering people and communities to be connected, healthy and resilient through strengths-based approaches, engagement and involvement.
- (v) **Tackling inequalities:** actively reducing inequalities in access, experience and outcomes between groups.

Within the lifecourse approach, it is also proposed that 'dying well' be included, alongside starting well, living well, and ageing well.

Priority topics may include, as previously:

- Mental health (including social isolation and loneliness and trauma-informed practice), healthy weight, physical activity, alcohol and drug use, and tobacco use.
- Specific psychosocial, environmental and socio-economic factors (the *causes of the causes*) that are associated with ill-health and lower life expectancy e.g. unemployment, low educational achievement, discrimination, housing quality etc.
- Chronic pain, in line with a commitment in the ICS strategy.

The above will be shaped further as development of the strategy proceeds, but initial comments and suggestions are invited from the Board. Targeted consultation and engagement will be conducted to understand the views and perspectives of those who may not have been reached in previous consultation and engagement activities. A more in-depth update will be presented to the Health and Wellbeing Board at the next meeting.

### **3. FINANCIAL IMPLICATIONS**

Proposals for funding are outlined in the content above, totalling indicative amounts of:

- £12,630 towards oral health
- £76,300 towards mental health (£20K for children; £56.3K for adults)

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

Implementation of the proposed activities, if approved, may result in greater travel and therefore carbon emissions. Efforts will be made to mitigate this through localised provision.

### **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 proposals above are for actions or activity that will be targeted to areas of greatest deprivation and/or to population groups with higher health need with the aim of improving outcomes and addressing inequalities.

### **7. CORPORATE IMPLICATIONS**

The Health and Wellbeing Strategy and draft Mental Health Strategy contribute to delivering North Somerset Council's vision and priorities set out in the Corporate Plan 2020-2024. For instance, actions aim to be fair and reduce inequalities, as outlined in the vision; and actions contribute to commitments to tackle inequalities and improve outcomes; engage with and empower communities; work collaboratively with partners and families; and to protect the most vulnerable people in our communities.

### **AUTHOR**

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### **REFERENCES**

N/A

## APPENDICES

**Table A1. Actions lacking progress and next steps to progress implementation.**

Action	Detail and mitigation
<p>We will develop a food award programme for food businesses to improve the quality and sustainability of food offered to local residents.</p>	<p>This action would require considerable capacity and this has not been available for this action to date, as originally anticipated.</p> <p>However, an options appraisal is underway focused on where we can best invest capacity and resource to bring about the best outcomes for our population to enable a healthy diet. This options appraisal includes how we can work with partners across the ICS to enable healthy eating.</p>
<p>We will review all policies in light of health and wellbeing among partners of the Health and Wellbeing Board, sign up to the Local Authority Declaration on Healthy Weight, Sugar Smart and review advertising and planning policies.</p>	<p>There is now scope and capacity in the public health team for 2023-24 to consider opportunities to take this action forward working as a system. Progress is therefore anticipated in 2023-24 and 2024-25, for instance relating to the declaration on healthy weight. Further details will be shared for approval in a future meeting of the Health and Wellbeing Board.</p>
<p>We will run campaigns to encourage children and young people to be active locally, including a campaign to encourage children to take part in the daily mile either within, or outside of, school.</p>	<p>A number of actions are included in the action plan to enable our population to be active and to engage with North Somerset's green infrastructure, including ParkPlay, Wellbeing Walks, the Get Active scheme, active travel, physical activity classes for older people, community programmes etc.</p>
<p>We will explore opportunities to develop interventions or modes of advice and support to address high levels of screen time, sedentary behaviour and/or gaming among young people.</p>	<p>The actions included in this table reflect a proportion of these. A physical activity strategy for North Somerset will be published in 2023 which will build on actions outlined in the Health and Wellbeing Strategy and which will outline actions to support physical activity in children, young people and adults.</p>
<p>We will use behaviour change principles and run social marketing campaigns about local opportunities to be active in North Somerset linking with the Better Health North Somerset website.</p>	<p>Development of the physical activity strategy has built on assessment of need and extensive engagement and consultation and so will most effectively capture the actions required and therefore provide a more timely summary of the actions required to provide population benefit.</p>

We will refresh our tobacco control plan.	The tobacco control plan will be refreshed following partnership working with BNSSG ICS to ensure it fits with system priorities and action.
We will reduce short term harms relating to alcohol misuse by working more effectively with licensed premises to reduce risk for: hospital admission, impact on young people and feeling of safety in the town centre. (Phase 1)	Service pressures have meant that the project has not commenced. Administrative support is being sought to free up officers' capacity.
We will explore opportunities to provide additional support for perinatal mental health.	Support has been provided to Mothers to Mothers via the community mental health grants programme. NSC to explore options for addressing this gap.
We will undertake a review of 'Health in all Policies' across Health and Wellbeing Board partners.	Capacity to take this forward has not been available. For consideration regarding inclusion in the next strategy.
We will improve understanding of the health and wellbeing of taxi drivers to identify interventions needed to help promote and improve their health and wellbeing. (Phase 1)	Training for taxi drivers has been implemented. Staff changes meant that leadership for this project was not available. Options are being explored for this work at present.

## **A2. Draft North Somerset All-Age Mental Health Strategy 2023-2028**

A copy of the draft Mental Health Strategy and Action Plan for North Somerset is appended and provided separately with the meeting papers.

## **A3. Summary slideset.**