

Joint Health & Wellbeing Strategy 2021-2024



Summary

The Health and Wellbeing Board are invited to:

- Note the quarterly progress report and qualitative data
- Consider and approve proposals for funding regarding
 - (i) oral health
 - (ii) mental health
- Note plans and the timeline for development of the next strategy and provide any comments or suggestions
- Share views regarding the draft North Somerset Mental Health Strategy

Progress Update 2023-24 Q1

Progress update (phase 0 and 1)

Status as per 2023/24 Q1

Status	2023/24 Q1	
	Number	Percentage
Completed	11	12
In-Progress (Green/Green-Amber)	19	21
In-progress (Amber)	49	55
In-progress (Amber Red) or Not Started (Red)	10*	11

* Includes 1 project not yet due to start

Actions delayed/ not started

Action not progressed	Challenge & solution
Develop food award programme for food businesses	Capacity requirement high. Options appraisal underway regarding healthy weight interventions and ICS programme being initiated
Review policies in light of health and wellbeing among members of the HWB board, sign up to LA declaration on healthy weight and review advertising and planning policies.	New capacity available to take this forward via new HWB officer role in NSC.
Run campaigns to encourage CYP to be active locally	New physical activity strategy in development, building on extensive consultation. Actions to be captured in that strategy/ repurposed based on actions that will bring most benefit to local population.
Explore opportunities to develop interventions/ advice re screen time/ sedentary behaviour	
Run social marketing campaigns about local opportunities to be active	
We will refresh our tobacco control plan	To be actioned following partnership working with BNSSG ICS

Actions delayed/ not started

Action	Detail
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 provided to Mothers to Mothers via 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 re inclusion in 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 implemented. Staff changes meant that leadership for this project was not available. Exploring options for this work at present.

Actions: Snapshot of feedback

2022/23 Q4 & 2023/24 Q1

Qualitative Snapshot

Weight management:

“Great experience. Lost weight and have made healthier choices throughout course that I will continue. Met other mums and exercise more”

“lower BMI, weight loss, better posture, more energy”

Community food grants:

“It has changed my shopping habits as well, and my monthly shop is now a lot cheaper”

“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 ...

Health Walks:

“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...”

Purple Pantry (Food Club)

“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 somewhere local to ‘pop’ to and I really enjoy going every week to get out of the house.

“..the pantry has really helped us with our food spending”

Age UK

“Good exercise, good fun and good for all round health”

“Always look forward to Fridays meeting up with friends. Always feel better mentally & 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”

“Please carry on with these classes”

Osprey Outdoors

“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”

“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.”

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 was £41,079.

Tobacco

The prevalence of smoking among pregnant women at the time of delivery has fallen from 11.3% in 2017 to 9.1% in 2022

Reclaim:

"I have felt I have been given coping mechanisms that helped me through this time in my life massively."

"My counsellor's setting, approach to my journey, and unbelievably never-ending striving to help me have undoubtedly changed my life."

Impact: *"life changing"*

Funding proposals

Oral health – proposal for funding

Proposal for extension of funding for capacity to lead oral health programme

- Extension of Oral Health Specialist role (by 7 months), increase to from 0.3 to 0.5WTE at an approximate cost of £12,630 (from the phase 1 budget)
- This would enable completion of:
 - Toothbrush pack distribution
 - Supervised Toothbrushing scheme
 - Oral health training
 - Support for First Dental Steps initiative for children aged 2 years
 - Support for refugee and asylum seeker oral health.

Phase 2: Mental health – proposal for funding

Mental health (adults)

- Dual diagnosis training (£6.5K)
- Mental health support for those identified as at risk of housing problems (£40K)
- Engagement and co-production (£10K)

Mental health (CYP)

- Engagement and co-production (£15K)
- Parent/ carer workshops (£1.5K)
- Support for CYP affected by housing problems (linked to action above £3.5K)

*Rationale for proposals outlined in full paper; agreed by Mental Health Strategy Group

Phase 2 - update

To note

- Owing to delayed timescales to initiation of certain workstreams, projects may run into 2024-2025
- The relevant actions can be represented in the next version of strategy

North Somerset Mental Health Strategy 2023-2028

Update to structure & draft for comment

Updated structure

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*

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

Monitoring and evaluation

We will monitor progress towards targets against each action

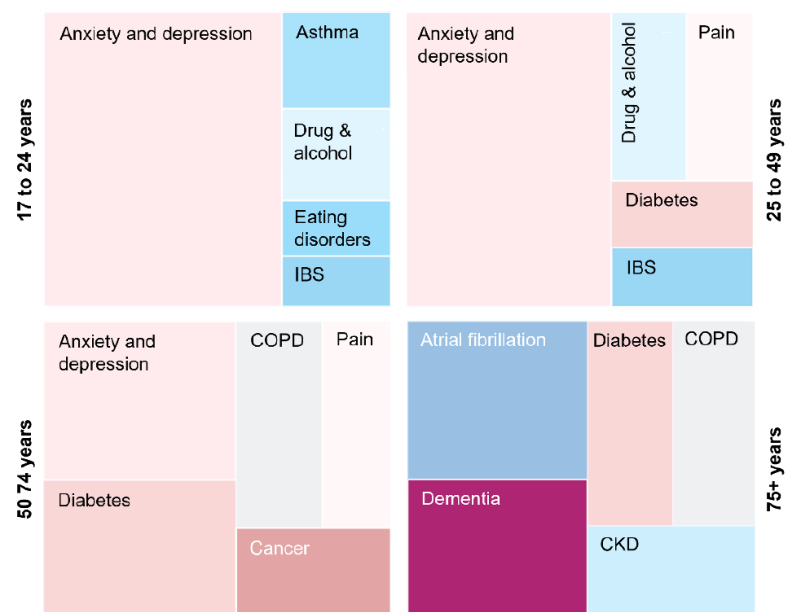
We will monitor mental health and wellbeing outcomes for adults and children and young people, including inequalities.

- 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
 - the rate of A&E attendance and hospital admission for self-harm among children and young people.

Full details of all objectives and actions are outlined in the draft strategy

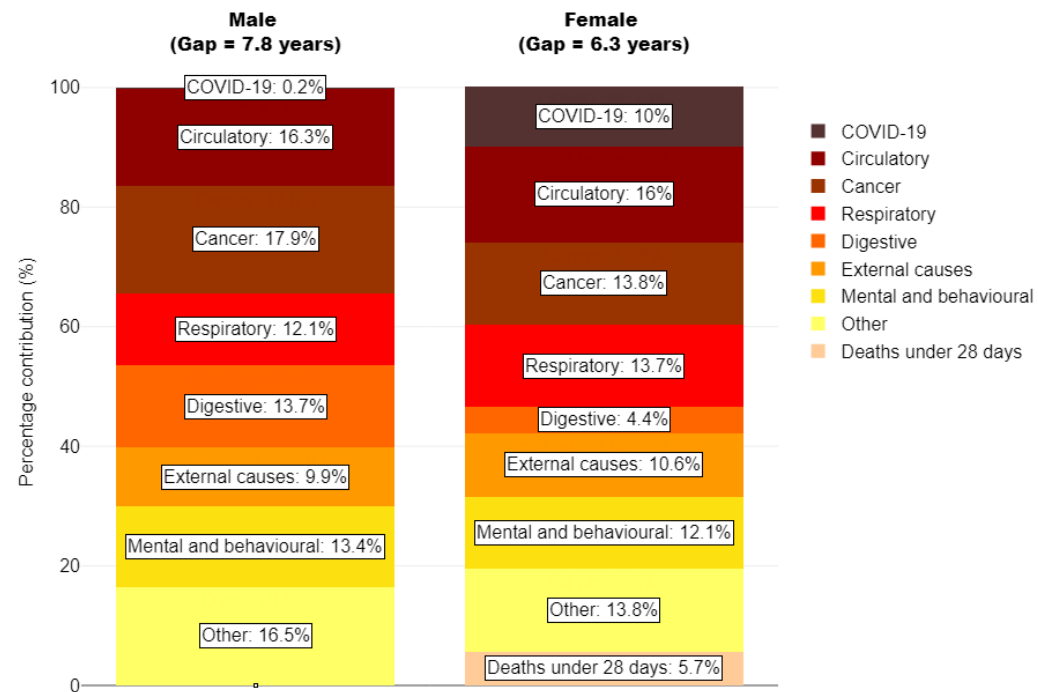
Joint Local Health and Wellbeing Strategy 2024-2028

Conditions that have the greatest impact on the population in BNSSG



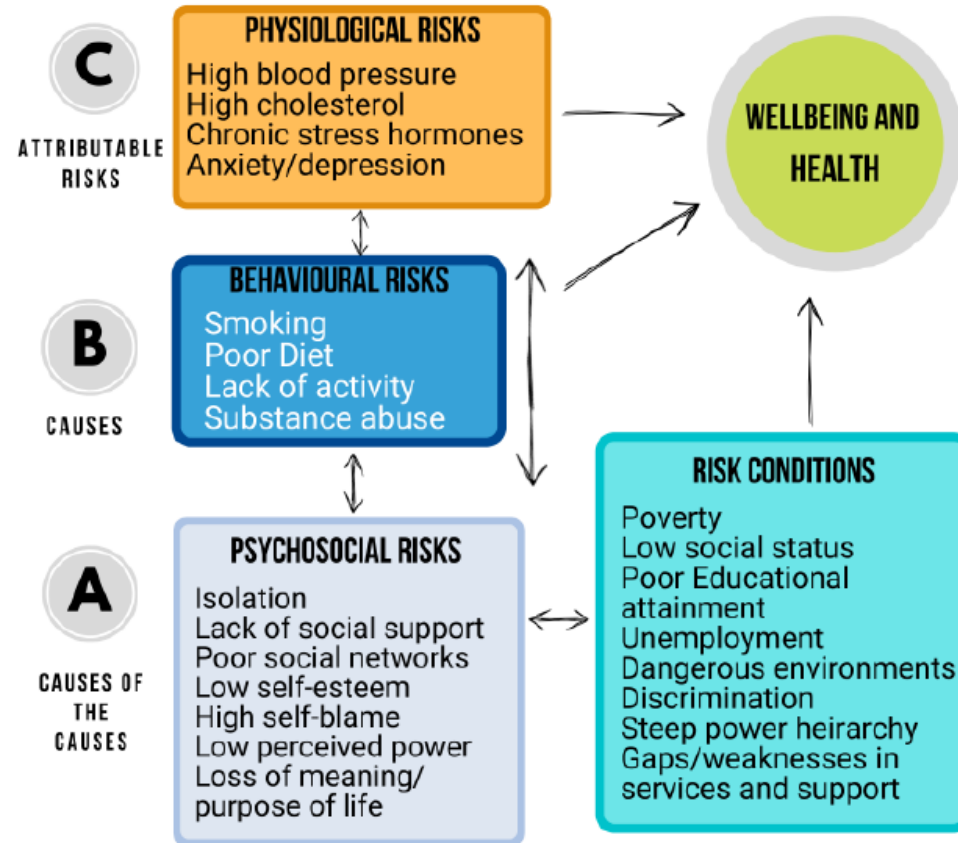
Source: Our Future Health; BNSSG Healthier Together

Breakdown of the life expectancy gap between the most and least deprived quintiles of North Somerset by cause of death, 2020 to 2021



Source: Office for Health Improvement and Disparities based on ONS death registration data and 2020 mid-year population estimates, and Department for Levelling Up, Housing and Communities Index of Multiple Deprivation, 2019

Figure 3.1: The connections that shape our health and wellbeing^[16]



Source: Our Future Health; BNSSG Healthier Together

Overarching approaches/ ambitions:

- Taken together so far, additional approaches could be included to enable a clearer focus on (i) wider determinants of health (ii) how we will tackle inequalities
 - (i) **Prevention:** preventing health and wellbeing problems before they arise
 - (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

Priority topic areas:

- Mental health (including trauma-informed practice, social isolation and loneliness)
- Healthy weight (including oral health)
- Physical activity
- Drug and alcohol use
- Tobacco

- Wider determinants of health / psychosocial and socio-economic factors
- Chronic pain

- Ensure focus on: Starting Well, Living Well, Ageing Well, Dying Well
- Guiding principles to demonstrate approach e.g. empowering communities, place-based.

Stages and timelines for development of Health and Wellbeing Strategy 2024-2028

Stage	Detail	Timing
Scoping	Scoping of design, strategic links, exemplar strategies, overarching ambitions and guiding principles	Oct – Dec 2023
Assessment of need	Analysis of: Our Future Health, JSNA, topic-specific HNAs, survey data	Oct – Dec 2023
Engagement	Collation of existing findings; targeted engagement with groups not yet reached; stakeholder engagement	Oct – Feb 2024
Action planning & drafting	Analysis of themes; ambition and objective finalisation; collaborative action planning; monitoring and evaluation plan	Dec – Apr 2024
Consultation	Stakeholder and public consultation; approval by Health and Wellbeing Board	Apr – Oct 2024

The Health and Wellbeing Board are invited to:

- Consider approval for extended capacity to implement oral health actions
- Consider approval of funding proposals for mental health
- Comment on the proposed approaches and priority topics for the next strategy and provide input and feedback
- Provide comments and suggestions regarding the draft all-age North Somerset Mental Health Strategy

Thank you

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With thanks to:

Health and Wellbeing Strategy Action Plan Delivery Leads
Health and Wellbeing Strategy Oversight Group
Mental Health Strategy Group