

# Update on the Health and Wellbeing Strategy Delivery Plan 2018-2020

Report of Councillor Ashley Yeates, Cabinet Member for Communities and Housing



Date: 26<sup>th</sup> June 2019  
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Key Decision? No  
Local Ward  
Members

Community,  
Housing and  
Health (Overview  
& Scrutiny)  
Committee

## 1. Executive Summary

- 1.1 This report provides an update on progress for the first year of the Council's Health and Wellbeing Strategy (HWS) that was approved by Cabinet in October 2018. The HWS explores the Council's impact on the health and wellbeing of residents, identifies service areas and activities that impact on the wider determinants of health and sets out three priority areas for improvement. The Delivery Plan contains the objectives, actions and outcomes needed to address our identified priorities.
- 1.2 Good progress has been made towards achieving the priorities set out in the Delivery Plan at **Appendix A**.

## 2. Recommendations

- 2.1 That Members note and comment on progress on actions within the Delivery Plan at **Appendix A**.

## 3. Background

3.1 The Council's first Health and Wellbeing Strategy (HWS) explores the ways in which the Council has an impact on the health and wellbeing of residents through our services. It identifies service areas that impact on the wider determinants of health and highlights existing Council activities which contribute to good health and wellbeing. It builds on the evidence contained in our Strategic Plan, provides a picture of the key local health and wellbeing indicators and highlights areas for improvement.

3.2 In the Strategy we highlight how many factors combine to affect our health and wellbeing; this includes individual circumstances and the local environment such as where we live, inherited characteristics, education, income, behaviours and choices, life style, life experiences and relationships with family and friends. Wellbeing is shaped by a complex combination of influences and there are no established indicators to measure wellbeing at a local authority level or measure the impact we make.

3.3 Whilst the Council has a key part to play on many related wider determinants of health such as planning and housing, we are not the lead agency on many of the services and initiatives highlighted in the Strategy. As we continue to experience key challenges, the biggest of which is a fall in central government income, we need to be realistic about the limited resources we have to influence change and so we have identified where the Council can add value by promoting, providing support or contributing in other ways.

3.4 A two year time frame was set for the first HWS to enable Health in all Policies (HiAP) and our partnership with Freedom Leisure to be developed. This is a continual learning process and targets and outcomes will be further developed as our evidence base is improved over time. The approach and level of intervention in relation to health and wellbeing is also the subject of constant change at a national and regional level and so the Strategy and Delivery Plan needs to be fluid and flexible. It is recognised that across the country more needs to be done to collate existing information from district councils on the health economics of their activities in order to guide decision making. Our health profile will change very gradually and so a longer term goal will be for us to look to develop health impact assessments to show demonstrable improvements in health outcomes.

3.5 Good progress has been made on delivering the actions and outputs contained in the delivery plan; notable successes in the first year for the three priorities areas are:

**Encourage people of all ages to have more active and healthy lifestyles and take control of their own health and wellbeing:**

- Freedom Leisure's Active Communities Manager was appointed in February and is now working in partnership with our Sports Development team. There have been numerous meetings with key organisations introducing active communities/ Freedom Leisure in the community. A joint action plan linking in with the sports development team has been finalised to target community delivery and those that will benefit most. Social media pages are now also set up.
- Year 1 of the physical activity programme in schools called Let's Get Physical has been delivered. 6 schools were engaged in a 6 week programme and there were 810 attendances to the sessions held at 2 community venues (Burntwood Leisure Centre and Life Church Lichfield). Overall 435 young people participated.
- 15 members of Active Lichfield staff have been trained (5 fulltime and 10 casual coaches) and 5 volunteers trained in Mental Health First Aid. Further sessions for staff are booked for July 2019.
- We have contributed by providing activities to children and young people that are aimed to build self-confidence and self-worth; these activities include – craft and painting activities within our parks/themed trails in our parks which also promotes physical literacy/family cycle Rides/multi sports. In the last 6 months these activities we have engaged over 2,000 children and young people in the district.
- A primary and year 7 school emotional wellbeing (EWB) service run by Malachi CiC for Lichfield District and Cannock Chase Council's has been launched as part of the 'earned autonomy' status through Staffordshire's Building Resilient Families and Communities Programme (BRFC). The service will provide training twice a year to all schools on a EWB theme that meets their needs, class work with year 5s & 6s in 8 primary schools in our hotspot wards and 6 weeks 1-2-1 counselling for children referred by any school using the Early Help Assessment.
- To assist with taking forward Health in all Policies (HiAP), we have introduced an action to introduce a health and wellbeing impact assessment of LDC policies when they are developed or reviewed. To implement this we have started working on amending our existing Equalities Impact Assessment to become a Health and Equalities Impact Assessment.

**Support older and vulnerable people in our communities to live and age well:**

- Live at Home Lichfield and Burntwood has 860 members (an increase of 29 since last year), of which 353 are in our priority wards. Last year 187 members have benefited from arts/craft/hobby cultural activities, 107 have benefited from telephone befriending, 85 from befriending, 51 from shopping trips, 253 from friendship groups, 203 from exercise/dance groups and 34 from activities designed specifically for those with dementia.

- Places of Welcome opened 6 additional venues; 4 in Burntwood and 2 in Lichfield. An additional venue at Lichfield Library is also pending. They will be offering a total of 12.5 hours across all venues with 121+ visitors per week.
- Action for Hearing Loss held 28 events that were attended by 664 people with 609 receiving more information. 136 hearing checks were carried out, of which 70 showed a loss of hearing. The majority of attendees were aged over 60 or were caring for someone over 60.
- Millbrook Healthcare started as the new home improvement agency and managed the completion of 83 disabled adaptations, with a further 21 either on site or approved. In addition to this another 47 adaptations are in the pipeline making a total of 159 adaptations.
- Our partnership with Beat the Cold and MEA through the Warmer Homes Greener District initiative has continued to provide support and in 2018/19:
  - 163 households were assisted
  - 46 home visits took place
  - 59 referrals were made for funded energy measures
  - £48,311 of match funding has been secured across 24 installations of energy efficiency measures
  - 25 Flexible Eligibility declarations have been approved covering 30 households. This means that 30 households benefited from ECO funding who would not previously have qualified
    - 9 of these were fuel poor
    - 21 were low income households where one or more occupants had a health condition making them vulnerable to cold homes
- We have continued to work in partnership across the county on the Staffordshire Warm Homes project. In development is a pilot 'hub' in Lichfield city that will provide household support that will hopefully lead to more people able to live independently and safely in their own home. The pilot hub is already helping residents identified by their GPs as being at high risk of hospitalisation by identifying hazards. Support is provided in the home by Senior Matrons acting as Elderly Care Facilitators (ELCAFs). Support includes assistive technology measures which are in addition to, and not instead of, items being supplied directly by social care, or through a DFG. This is still at an early stage; specific outcomes will be available at a later date.
- 235 affordable homes were built comprising 154 rented and 81 shared ownership; this is our highest number ever recorded.
- Homelessness has been prevented or relieved for 152 households
- Cruse Bereavement Care gave support to 102 clients who contacted the helpline

#### **Improve workplace health, wellbeing and safety:**

- A People Strategy has been developed with the assistance of a focus group of staff.
- A time for change plan is being developed as part of 'Thrive at work' accreditation and the People Strategy. A time for change event was held in February 2019 to raise awareness and recruit mental health champions. Internal signposting underway, looking to allow confidential access to counselling. Follow up work from the focus groups will be developed over summer 2019.
- Personal resilience and mental health awareness sessions for LDC staff will be commencing July 2019
- Several activities have been held for staff to improve their health and wellbeing. These included –
  - Pedometer challenge
  - Self-defence sessions
  - Mindfulness sessions
  - Clubercise sessions

In total there were 125 attendances from LDC staff and 105 people took part in the pedometer challenge.

3.4 Actions that are behind schedule on but we are still working on to develop include:

- Health in All policies:- Developing HiAP is behind target as the new commissioning manager in SCC Public Health team that is leading on it for the County has been involved in other projects (such as the Staffordshire Warm Homes Fund) and so has not been able to provide support with developing HiAP as planned. County are still planning to develop a 'tool kit' or similar to assist all the Staffordshire districts help develop focus and drive improvements as part of the necessary multi-agency approach. Despite this, to move it forward we have plans are in place to provide online Make Every Contact Count (MECC) training available for all front line staff this year.
- Healthy Eating' rating system pilot for food premises - the pilot with Birmingham University is no longer possible as a key member of staff with the contact there has left the authority. We don't currently have the resources to develop this kind of initiative but we are still trying to ascertain whether Birmingham University are still able to develop this area of work with us as project in the future.
- Although we completed 83 adaptations not all the Disabled Facilities Grant budget was spent. We are working with Millbrook and the SILIS Partnership to improve performance and increase spend in 2019/20.

Alternative Options	1. To not monitor and update the Health and Wellbeing Strategy and Delivery Plan.
Consultation	A lot of consultation was done to develop the HWS and Delivery Plan including: <ul style="list-style-type: none"> <li>• a Health and Wellbeing Working Group of officers representing Regulatory Service, Housing and Wellbeing, Leisure and Operational Services and Economic Growth service areas.</li> <li>• liaison with Staffordshire County Council's Public Health Commissioning Teams,</li> <li>• endorsement from this Committee for the draft HWS and inclusion of subsequent feedback from Members</li> </ul>
Financial Implications	There are expected to be no negative resource or financial implications as activities included in the Delivery Plan are within agreed budgets. £54,000 of residual Locality Commissioning funding is available to spend specifically on delivery of the HWS and to help take forward a HiAP. We are finalising proposals to spend this on our corporate training programme being developed as part of our People Strategy and will include training on health and wellbeing and 'making every contact count' as part of a HiAP approach.
Contribution to the Delivery of the Strategic Plan	The Strategic Plan 2016-2020 sets out what we want to achieve in four main themes. The development of the Strategy will contribute most significantly towards the themes of 'healthy and safe communities', 'clean, green and welcoming places to live' and also 'a vibrant and prosperous economy'.
Equality, Diversity and Human Rights Implications	It is not anticipated that the Strategy or Delivery Plan will have any negative implications for equality, diversity or human rights. The final draft was evaluated by our Equality Impact Assessment group during September 2018 with no negative impacts found.
Crime & Safety Issues	None identified

GDPR/Privacy Impact Assessment	None identified.
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RISK	Risk Description	How We Manage It	Severity of Risk (RAG)
A	The priorities cannot be achieved within the timeframe set.	<p>Actions to address the priorities include existing and emerging commitments/agreements by teams across the Council. These have been reviewed and the Delivery Plan has been amended accordingly.</p> <p>Many of the objectives and outcomes within the priorities involve modification of well-established behaviours or health indicators; as such it is anticipated that some priorities within this HWS will continue to be identified in future revisions, with some objectives demonstrating incremental improvements due to their nature and our reasonable capacity to effective change.</p>	Green
B	There are insufficient resources to deliver the Delivery Plan	The objectives and their associated actions and outcomes represent existing and emerging commitments by teams across the Council.	Green

<p><b>Background documents:</b></p> <p>Relevant web links:  Health and Wellbeing Strategy 2018-2020- <a href="https://www.lichfielddc.gov.uk/Council/Health-and-wellbeing-strategy.aspx">https://www.lichfielddc.gov.uk/Council/Health-and-wellbeing-strategy.aspx</a>  Lichfield District Council Strategic Plan - <a href="https://www.lichfielddc.gov.uk/Council/Performance-efficiency/Downloads/Strategic-plan-2016-2020.pdf">https://www.lichfielddc.gov.uk/Council/Performance-efficiency/Downloads/Strategic-plan-2016-2020.pdf</a>  Staffordshire Health and Wellbeing Board draft Strategy Consultation - <a href="https://www.supportstaffordshire.org.uk/news/staffordshire-health-and-wellbeing-board-draft-strategy-consultation">https://www.supportstaffordshire.org.uk/news/staffordshire-health-and-wellbeing-board-draft-strategy-consultation</a>  Lichfield Locality Profile – <a href="https://www.lichfielddc.gov.uk/Residents/Community/Community-funding/Downloads/Lichfield-locality-profile.pdf">https://www.lichfielddc.gov.uk/Residents/Community/Community-funding/Downloads/Lichfield-locality-profile.pdf</a>  Lichfield District Physical Activity and Sports Strategy - <a href="https://www.lichfielddc.gov.uk/Residents/Sports-fitness-and-wellbeing/Physical-Activity-and-Sport-Strategy.aspx">https://www.lichfielddc.gov.uk/Residents/Sports-fitness-and-wellbeing/Physical-Activity-and-Sport-Strategy.aspx</a>  7 Domains of Wellbeing – <a href="https://www.whatworkswellbeing.org/product/local-authority-wellbeing-indicator-sets-and-guidance-only/">https://www.whatworkswellbeing.org/product/local-authority-wellbeing-indicator-sets-and-guidance-only/</a></p>
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