

HAMPSHIRE HEALTH AND WELLBEING BOARD

ANNUAL REPORT



Working together for a healthier Hampshire

HAMPSHIRE HEALTH AND WELLBEING BOARD ANNUAL REPORT 2013/14

INTRODUCTION

This is the first annual report from the Hampshire Health and Wellbeing Board. It comes at a time when there are significant challenges facing us all, which makes it even more important to find suitable, affordable and sustainable solutions to meet the health and care needs of the people of Hampshire. Finding the answers requires everyone to work together. Local people and organisations all have a role to play.

WHAT NEEDS TO CHANGE AND WHY

People in Hampshire are living for longer. Over the next ten years, the county's population will increase by over 100,000 people. Medical advances such as new drugs, surgical procedures and diagnostic techniques mean more people are surviving serious illness such as cancer, stroke and heart attacks and while this is welcome news, it means there will be greater numbers with complex and long term health needs than ever before. Changes in lifestyle and personal behaviours are also contributing to an increase in the number of people who are obese and overweight, or have alcohol related conditions which mean increasing numbers need health care and support at a younger age.

This changing demographic is placing increasing pressure on health and social care services at a time of significant financial constraints within the public sector.

To improve the lives of people in Hampshire and to be able to afford to provide health and social care services to those who need them, significant changes have to be made to the current way of funding, commissioning, providing and delivering health and care services.

By bringing together key decision makers from across Health and Social Care, the Hampshire Health and Wellbeing Board will ensure that the county will be able to afford to provide services to those who most need them, while receiving more joined up care which supports them to stay in their own homes for longer.

As a result Hampshire residents will see things change. Hospitals will only be used for people who need interventions and care that cannot be provided more appropriately or effectively elsewhere. More care will be available in the community when it is safe to do so. Health and social care services will be more joined up and better co-ordinated so that people will not feel the disconnect that has sometimes happened in the past; and very importantly, there will be equal priority given to preventing ill health and actively supporting people to live independent and healthy lives. This means giving people greater responsibility for their own health and wellbeing, and supporting them to live as healthy a lifestyle as possible.

ROLE OF THE BOARD & MEMBERSHIP

Hampshire's Health and Wellbeing Board (HWB) is made up of organisations that plan and purchase services that improve the health and wellbeing of the residents of Hampshire. It was established as a requirement of the Health and Social Care Act (2012) and includes:

- Hampshire County Council
- District Councils
- Clinical Commissioning Groups
- NHS England Wessex
- HealthWatch Hampshire
- Community and Voluntary Groups
- Police and Crime Commissioner

Together these organisations work to lead change to make sure that health, social care and wellbeing services meet the needs of the people of Hampshire now and into the future.

In 2013 legislative changes were introduced regarding the way Local Authorities are able to undertake their Health Scrutiny Function which holds NHS bodies to account for the quality of their services. The Regulations removed the requirement to have a dedicated Health Overview and Scrutiny Committee (HOSC), thereby enabling the County Council to decide how best the function might be discharged.

The opportunity presented by the breadth of membership of the Health and Wellbeing Board, particularly with its County Council and Clinical Commissioning Group members, means that in addition to its role in the integration of health and adult social care services, it is uniquely positioned to take a strategic lead for the County Council in engaging with the NHS on major service changes and reconfigurations.

HOW THE HEALTH AND WELLBEING BOARD OPERATES

The Board has a chairperson and during 2013/14 meetings were chaired by Cllr Keith Mans, Executive Lead Member for Children's Services. The Board meets four times a year in public. Members of the public and partner agencies are welcome to come and observe the Board in action. Forthcoming dates and venues can be accessed via www.hants.gov.uk/healthandwellbeing/healthandwellbeing-board-info.htm or contact 01962 845605.

THE WORK OF THE BOARD 2013-14

- **DEVELOPING THE JOINT STRATEGIC NEEDS ASSESSMENT**

In order to understand the needs of the people of Hampshire better, the Board oversaw the development of the Hampshire Joint Strategic Needs Assessment. This pulls together a wide range of information about the current and future health and wellbeing of the local population along with the associated inequalities. The current version is available from:

www.hants.gov.uk/jsna

- **DEVELOPING THE JOINT HEALTH AND WELLBEING STRATEGY**

In July 2013 the HWB agreed its first joint strategy. It was developed over a period of six months and involved extensive consultation with local people through over 50 different local events. Hampshire residents told the Board that they wanted "services to talk to one another" better so that they "stop blaming one another and start working together".

Work has been underway to support the delivery of the strategy with emphasis “not just on organisations doing things differently”, but “supporting local people to change their behaviour”. The following pages reflect the work that has already started. The Board recognises that the Strategy has only been in existence for a short time and as part of its development will use the Health and Wellbeing System Improvement Programme and Development Tool.

A copy of the strategy can be found on the Board’s webpages by following this link <http://documents.hants.gov.uk/health-and-wellbeing-board/health-and-wellbeing-strategy.pdf>

- **CLINICAL COMMISSIONING GROUP STRATEGIES**

The Board considered the draft commissioning plans of the five Clinical Commissioning Groups (CCG) to ensure they reflected the priorities of the Health and Wellbeing strategy. Each CCG presented their commissioning strategy objectives. The Board considered how they had reflected the Joint Health and Wellbeing Strategy priorities in their Operating Plans and Strategic Plan.

- **ANNUAL REPORT OF THE LOCAL SAFEGUARDING CHILDREN’S BOARD**

The Board considered Hampshire Safeguarding Children’s Board Annual Report. The report described and evaluated work carried out by the Safeguarding Children’s Board and partner agencies, what had been achieved, what more needed to be done and work planned for the future.

- **LEADING AND PROMOTING INTEGRATION**

The Board has a responsibility to promote integrated services. This means it has to consider when and where joining up services will be in the best interest of local people. During 2013 the Board worked to clarify where partners wished to develop the integrated approach. This important work provided the foundation for major change through the development of the [Better Care Fund Plan](#). The vision is for a simple, seamless and joined-up health and care journey through the system for people and communities.

The Plan seeks to focus on joint working across health and social care to maximise people's ability to live independently, by:

- breaking down barriers so health and social care is delivered seamlessly
- avoiding gaps and duplication at every step
- helping people take more control of their own health and care, from staying well to supporting them in managing their own needs
- delivering care and support in the most appropriate place.

This approach will help reduce avoidable admissions and support timely discharge from hospital. Services will be designed to reduce the need for more intensive health and social care support. This is in direct response to the Joint Health and Wellbeing Strategy consultation where local people expressed a wish to support 'those most in need' and 'look at new ways to make improvements' to keep people 'in their homes for longer'.

The Better Care Fund Plan will increase the co-ordination of care through more joined up working across the NHS, Hampshire County Council, District and Borough services, the voluntary and business sectors. One difference people will experience is the introduction of integrated health and social care teams. These are bringing together a variety of people such as GP's, community nurses, therapists and social workers. Together they will work to provide care around the individual so they have a better experience, improved outcomes and services are delivered more cost effectively. This is an example of one of these teams www.northhampshireccg.com/info.aspx?p=9

The drivers for integration mean that we will all have to think and act differently and the scale and pace of change is challenging across a large county. All partners are committed to the plan and recognise that integration is not about simply putting services together but about co-ordinating care around the individual and their family.

The county has adopted the National Voices definition of integrated care as meaning person-centred, coordinated care reflected in the statement: ***"I can plan my care with people who work together to understand me and my carer (s), allow me control, and bring together services to achieve the outcomes important to me."***

DELIVERING THE STRATEGY

The Board has a clear strategy which demonstrates how it has taken account of public opinion. The Strategy is not about taking action on everything at once but sets out the main areas where working together will be vital for making a real difference to people's lives.

Hampshire's Joint Health and Wellbeing Strategy has four overarching themes. The following pages highlight the key achievements against the themes during this first year, and outline the key priorities for the coming year.

STARTING WELL

The vision: We want all our children and young people in Hampshire to thrive and achieve their full potential. To help them achieve this we want them to feel safe and be physically and emotionally healthy.

Hampshire is fortunate to have a well established Children's Trust which has been operating for many years. It brings together partners across the county from a variety of different organisations and has led the work to deliver the *Starting Well* theme.

What's happened so far: the primary focus for the first year has been:

- Therapy Review and improving transitions to better prepare young people with complex needs for adulthood
- CAMHS – Child and Adolescent Mental Health Service
- Transition

	What we said we'd focus on	Progress made
Starting well	Therapy review and procurement of new service	Green
	CAMHS Child and Adolescent Mental Health Service	Yellow
	Transition	Green

What we've done so far:

- **Therapy Review** - a therapy review was carried out for children and young people aged 0-19 years with physical, occupational and speech and language difficulties. This resulted in a new Community Based Integrated Therapy Service to support and empower parents and carers to manage the care of their child, access timely support interventions, advice and information when required. The service offers a single point of contact, accessible through self-referral, which provides consistent, co-ordinated care, better supporting parents and carers.
- **Transition** - in November 2013 work started to identify what improvements were needed across Hampshire to better prepare young people for adulthood. A new Strategy is being developed and will be implemented from Summer 2014.
- **CAMHS** – priorities have included an extensive user engagement exercise which helped to inform the development of a needs assessment led by Public Health, Hampshire County Council, and the joint strategy (both currently in draft) relating to emotional wellbeing and mental health.

Other key areas of work included:

- success in bidding for the Improving Access to Psychological Therapies Programme which is helping to improve child and adolescent mental health services working in the community
- developing and Implementing Mental Health Forums across Hampshire
- an extensive review of demand and capacity issues within the specialist Child and Adolescent Mental Health Service which has led to additional investment.

An example of a **Starting Well** initiative

Breastfeeding Drop-in Service - since June 2013, a grant from Hampshire County Council has enabled Hampshire Breastfeeding Counsellors Ltd to support over 200 mothers at breastfeeding drop-ins in Andover, Basingstoke and the surrounding area. The service aims to:

- offer support for mothers in their breastfeeding decisions by providing a safe, non judgmental environment
- work alongside each mother in the context of her own individual situation
- provide a regular and consistent breastfeeding drop-in that mothers from any area can access at any stage of their breastfeeding (or antenatally, if they so wish)
- normalise breastfeeding and provide support during the transition to motherhood
- increase women's confidence in the feeding of their babies

100% of mothers who completed the on-line survey would recommend the drop-ins to other mothers. Over 90% of mothers felt that their issue was either fully or at least partially resolved by attending a drop-in.

"Without the breast feeding drop-in I would not have been able to continue breast feeding. The Andover facility is invaluable and extremely helpful."

Community Peer Support project - The grant has also supported the breastfeeding community peer support project (three locations - Andover, Eastleigh and Basingstoke):

The role of a volunteer peer supporter is to understand the basics of breastfeeding, look at how breastfeeding attitudes affect the experiences of mothers in their area, reflect on their own feeding experiences and how they might help or get in the way of supporting other breastfeeding mothers and understand the importance of evidence based breastfeeding information to support local mothers.

To find out more about what young people think about services Healthwatch Hampshire has carried out some research and the video can be accessed via the following link

www.youtube.com/watch?v=hEHhduA1DeY

PRIORITIES FOR 2014-15

- **CAMHS – Child and Adolescent Mental Health Service**

- Developing a multi-agency point of access for the service, in line with the development of the Early Help Hubs across Hampshire;
- Implementing a training programme for all professionals working with children and young people across Hampshire in relation to mental health and prevalent conditions;
- Further developing and implementing group work programmes for children and young people;
- Increasing support to the crisis intervention service;
- Improving waiting times to ensure more children and young people receive support in a timely way.

- **SEND – Special Educational Needs and Disability**

- New ways of delivering services and support to children and young people with special educational needs and/or disabilities will come into force from September 2014. For the first time, children and young people with complex and severe special educational needs or disabilities will have an assessment and plan that includes their health and social care needs, as well as their special educational needs. The key changes include:
 - The introduction of a new 'birth to 25' education, health and care plan (EHCP) to replace statements of special educational needs and learning disability assessments.
 - The introduction of optional personal budgets for some families with an EHCP to give greater independence, choice and control over the services they use.
 - The 'Local Offer' – a new website providing details of all local health, education, social care, leisure services, and support for children and young people with special educational needs or who are disabled – see www.hantslocaloffer.info

LIVING WELL

The vision: We want all people in Hampshire to be able to live healthy lives. To achieve this we will focus on encouraging people to take action to stay as healthy as possible. To make this happen we will work to ensure that everyone has access to the right information and support.

To ensure progress is made on this area of work a Public Health Group was established to focus on issues that affect the health outcomes of people of all ages. The group has been focusing on physical activity, nutrition, smoking and alcohol consumption as well as mental health, and has established a Health Protection Group to consider local action to protect local residents' health, both now and in the future.

What we've done so far: the primary focus for the first year has been:

- Smoking
- Alcohol
- Obesity
- Screening

	What we said we'd focus on	Progress made
Living well	Smoking	
	Alcohol	
	Obesity	
	Sexual health screening	

Our Substance Misuse Strategy now includes a significant focus on alcohol and is informing the revised commissioning of drug and alcohol services across a range of agencies and services. Work has started on a number of strategies including a multiagency Tobacco Control Strategy, Physical Activity Plan and a Healthy Weights Strategy, all of which cover the entire population of Hampshire.

Specifically:

- **Smoking** - Stoptober campaign resulted in 5946 people signing up to the programme and work with schools and local councils to promote SmokeFree Homes is under way.
- **Alcohol** – promoting safe, sensible drinking and reducing the harm caused by alcohol misuse has been the focus of the Hampshire Alcohol Partnership which has run a number of campaigns, including ‘Let’s Talk About It’ and ‘Rethink your drink this summer’ for the World Cup. Improving access to Alcohol Brief Interventions and treatment services has been a priority which has seen an improvement in treatment pathways and successful alcohol treatment completed by those using the services.
- **Obesity** - Healthy Weights strategy. The Physical Activity Plan was rolled out across the county, including a ‘Walk for Health’ programme encouraging sedentary people to be more active. Led by Walk Volunteers from local communities, the walks vary in intensity and are open to all to attend. The Hampshire Healthy Weights Strategy for children works with children, their families and communities to reduce the prevalence of excess weight amongst Hampshire children. Initiatives have included the ‘Cook and Eat’ programme for schools and early years, promoting breastfeeding support groups in local communities, the Change for Life campaign promoting healthy life style choices and the creation of Healthy Weight Coordinator posts in the three areas with highest rates of excess weight
- **Sexual health screening** - Get Tested for HIV, and a specific focus on preventing, diagnosing and treating chlamydia.

An Example of a Living Well initiative:



During 2013-14 there were a variety of different campaigns involving partners such as District Councils and the NHS. These were promoted in local communities via libraries, country parks events and the media. Of note were Stoptober, which resulted in 5946 Hampshire sign ups to the programme, Give me a break, Get Going this summer, Smart Swaps and Get Tested for HIV.

PRIORITIES FOR 2014-15

- **Health checks**

In Hampshire over 57,000 people over the age of 17 are known to have diabetes, most of whom are overweight. Approximately 85% of these people will have Type 2 diabetes, with 15% having Type 1 diabetes. Of concern are the estimated 13,000 adults living in the county who have Type 2 diabetes but don't know it. Diabetes not only leads to heart disease, kidney failure, possible limb amputations but also to blindness; all of which are avoidable.

The County Council's Public Health Team is making it easier for Hampshire residents to access the NHS Health Check programme and to enable them to receive help to prevent them developing diabetes and other long term conditions, which includes advice on improving their existing health and maintaining their independence and quality of life.

Hampshire residents aged 40-74 who haven't already been diagnosed with heart disease, stroke, diabetes and kidney disease can now ask their GP for an [NHS Health Check](#) without the need for an invitation letter and GPs can offer eligible patients a check if in contact for other reasons.

The NHS Health Check is a 20-30 minute health assessment to identify those at risk of serious, but potentially avoidable conditions, such as heart disease and diabetes.

AGEING WELL

The vision: *We want everyone to be healthy and to live full lives. When people have a long term illness they should be supported to be able to control their condition effectively.*

This area of work was initially supported through the Integrated Commissioning Group which brought Hampshire County Council and Clinical Commissioning Group senior managers together. It was then superseded by the Better Care Fund Steering Group to support bringing health and social care services closer together to better coordinate care around the individual.

What we said we'd do: focus on adults in need of treatment, care and support so they have choice, control and timely access to high quality services, based on need. Working to get the right care and support when and where it is needed in a more joined up way has been the key priority. With a particular focus on providing a range of support services for people with dementia and their families and preventing older people from falling.

What's happened so far: The primary focus for the first year has been:

- Joined up care
- Dementia
- Falls

	What we said we'd focus on	Progress made
Ageing well	Joined up care	
	Dementia	
	Falls	

What we've done so far:

- **Joined up care**

Work is being taken forward via the Better Care Fund Plan

- **Dementia**



The Dementia Friendly Hampshire Project is a joint initiative by Hampshire County Council, Andover Mind and Hampshire's five NHS clinical commissioning groups. It provides a community focused response to supporting the growing number of people with dementia to live independently for longer. It aims to support them to be able to carry on doing the things they enjoy, and need to do, keep in touch with friends and family and continue to feel valued and a part of the community. To find out more go www.hants.gov.uk/dementiafriendly

- **Falls - Better balance for life falls prevention - Steady and Strong classes**

2013 – 2014 saw the establishment of evidence based exercise classes in every district in Hampshire with over 300 people attending a class each week. This helps reduce falls and injuries by 50% and contributes to their continued independence and social contact. The classes link in with the NHS led fall prevention classes and provide a follow-on for people completing their rehabilitation and anyone from the community as well.

An Example of an Ageing Well initiative:

55+ Info Fest (Oct 2013)



This was an event to provide access to information and advice relevant to older people (such as maintaining independence to stay at home, planning for the future); and celebrate active ageing by encouraging older people to share skills or learn something new. As a result of the event there was increased attendance at some of the local exercise classes, a new craft group was formed, and increased membership of the Gosport Older People's Forum – keeping older people linked in to the local community.

PRIORITIES FOR 2014-15

- **Better Care Fund implementation**

Over the last year the five Hampshire Clinical Commissioning Groups (CCGs), Adult Services and Public Health teams from the County Council have worked together to prepare the plan for Hampshire in accordance with national guidance. Joint commissioning priority areas for 2014/15 have been identified including: NHS Continuing Healthcare, Nursing and Residential Care including Funded Nursing Care, service delivery in the community encompassing a focus on prevention and earlier intervention, discharge to assess, reablement, telecare and other aspects to reduce reliance on acute hospital care. The discussions will engage and involve the public as well as key partners including providers from the statutory and voluntary sectors. Formal arrangements that will provide a sound foundation for the wider development of integration in the coming years will also be established.

- **REACT/Reablement**

Hampshire County Council's Reablement and Assessment of Care Team (REACT) service is now being delivered across the county by its community response team and six private providers.

The new service supports older people to live independently at home, providing short term care to help people regain confidence and learn ways to make their daily life tasks easier.

The REACT team steps in when people are referred to social services because they need support to return home after a spell in hospital or are experiencing a change to their circumstances or care needs and require help to remain independent in their own homes. The aim is that through interventions such as exercises to improve mobility and help to manage their own personal care such as showering, people will be able to live their lives independently rather than need a long term package of care, an increase to their care package or to go into residential care.

The new service builds on the success of the six weeks reablement already provided by the Community Response Team to help people leaving hospital get back on their feet. A pilot of the service saw more than 50 per cent of people receiving support from REACT needing no longer term care.

HEALTHIER COMMUNITIES

The vision: We want all people in Hampshire to be able to live healthy lives. To achieve this we will focus on encouraging people to take action to stay as healthy as possible. To make this happen we will work to ensure that everyone has access to the right information and support.

This area of work was led by the newly formed District Council Health and Wellbeing Forum. The Forum brings together all the District Councils across Hampshire. Together they share learning and issues that impact on local people's health and wellbeing.

What's happened so far – the primary focus for the first year has been:

- Reducing health inequalities
- Promoting physical and emotional wellbeing

	What we said we'd focus on	Progress made
Healthier Communities	Reducing health inequalities	
	Promoting physical and emotional wellbeing	

Funding from the Public Health Grant is supporting local delivery of a wide range of initiatives to improve health and reduce inequalities. Specifically:

- **Reducing health inequalities**
 - In Rushmoor a structured education programme for Nepali people who have been diagnosed with Type 2 diabetes is being implemented. Following numerous focus groups, sessions are now given to the general and Nepali populations by diabetic specialist nurses, dieticians and trained representatives from the Nepali community.
 - Support for families through several breast feeding schemes in different districts and targeted support for young parents on a range of health and wellbeing issues.

- Accessibility and support to services for people experiencing mental health difficulties, including young people
 - Targeted projects in our most disadvantaged communities to tackle obesity, promote healthy eating and physical activity through workshops in schools, family learning days, community cooking classes and access to local services.
- **Promoting physical and emotional wellbeing** – through a number of initiatives, including:
 - Projects to help improve the wellbeing of older people through dementia friendly initiatives, helping to reduce falls and supporting increased independence and active lifestyles.
 - Work to look at how services can work with people experiencing issues from alcohol use in some of our more affluent areas.

An example of a Healthier Communities initiative:

The Gosport Shed

The Gosport Shed is a community-led initiative which provides a 'sense of purpose' to older men after retirement. The Shed provides a safe and welcoming space for older men to meet, work on projects and socialise. The workshop space is located in the peaceful surroundings of Fort Brockhurst and members attend regularly. The Shed has provided a social network and support to many of its members.



PRIORITIES FOR 2014-15

- consider the evaluated outcomes of projects underway and work with district Health & Wellbeing groups and local communities to learn from the work underway and embed successful projects into routine services or through community development opportunities.
- use the District Forum to maximise sharing good practice and consider the breadth of the wider determinants of health to develop partnership opportunities.

GETTING INVOLVED

To find out more about the work of the Board, please use the following web link www.hants.gov.uk/healthandwellbeing/healthandwellbeing-board-info.htm or contact 01962 845605

You can also get involved by:

- Joining your local Patient Participation Group through your local GP Surgery
- Joining HealthWatch Hampshire through:
www.enquires@healthwatchhampshire.co.uk or telephone 01962 440 262

