

# Adults' Health and Wellbeing Partnership

A meeting of Adults' Health and Wellbeing Partnership was held on Wednesday, 2nd March, 2016.

**Present:** Peter Kelly (Chairman)(SBC), Emma Champley (SBC), Mandy Mackinnon (SBC), Jane King (TEWV)(Sub for Dominic Gardner), Alan McDermott(Tees Active)(Sub for Steve Chaytor), Richard Poundford (SBC), Reuben Kench (SBC), Helen Neal (Thirteen)(Sub for Dave Pickard), Dr Chawla Girish (GP), Andy Copland (CCG) Colin Snowdon (SBC), Julie Wilson (Stockton Riverside College)(Sub for Mick Hickey), Jane Edmends (SBC), Simon Forrest (Durham University).

**Officers:** Michael Henderson, Gemma Mann (SBC)

**Also in attendance:**

**Apologies:** Jane Humphreys (SBC), Jim Beall (SBC), Dave Pickard (Thirteen), Steve Chaytor (Tees Active), Gemma Clifford (Catalyst), Graham Clinghan (SBC), Steve Hume (SBC), Natasha Judge (Healthwatch), Liz Hanley (SBC), Margaret Waggott (SBC)

## 1 **Declarations of Interest**

There were no declarations of interest.

## 2 **Minutes of meeting held on 2nd February 2016**

The minutes of the meeting held on 2nd February 2016 were agreed subject to the inclusion of Andy Copland and Dr Chawla Girish in the apologies list.

## 3 **Minutes of the Children and Young People's Partnership - 20 January 2016**

The minutes of the Children and Young People's Partnership held on 20 January 2016 were noted.

## 4 **Alcohol & Substance Misuse: Early Identification and Intervention Training.**

Members considered a report that outlined the Public Health Service approach to supporting early identification and delivery of interventions for alcohol and substance misuse. The report included an overview on updates to Government alcohol guidelines, and next steps for the Borough alcohol strategy & action plan.

Members noted that during 2013 / 14 alcohol related harm cost the region a total of £911 million. For Stockton this cost was estimated as £70.95million (including £16.66million cost to the NHS), with Stockton on Tees ranked in the top 10% of local authorities with highest cost of alcohol per head of population nationally.

Members were provided with an update on the government's alcohol guidelines, these guidelines included:

- Any level of drinking raises the risk of cancer.
- Men are advised to drink no more than 14 units a week, the same as for

women.

- The protective effect of alcohol against heart disease does not apply to men to any significant level.
- If people are going to drink 14 units a week they should not save up the units but spread them over at least 3 days.
- People are recommended to have several alcohol free days a week.
- Clarity that there is no level of alcohol is safe to drink in pregnancy.
- Advice on single episodes of drinking.

The Department of Health was consulting on whether there should be a guideline on single occasion drinking, based on a number of units, and also on how clear the new guidelines were to understand. Balance North East was coordinating a regional response to the consultation.

It was explained that alcohol screening and delivery of brief interventions / advice were a cost effective and preventative approach to reducing alcohol related risk and harm across the population . Identification and Brief Advice (IBA) for alcohol consists of the use of a validated screening tool (AUDIT) and a short (5 – 10 minute) structured conversation to identify if an individual was at risk of harm through their alcohol use and to help them reduce their alcohol consumption from harmful levels. This approach was supported by NICE (The National Institute for Healthcare Excellence) and WHO (The World Health Organisation).

Members noted that Stockton Public Health was participating in the regional rollout of Have a Word Alcohol Brief Advice / Intervention training and have commissioned Lifeline Alcohol Service for the operational delivery of 'Have a Word' training across the Borough.

'Have a Word' training aimed to introduce practitioners to evidence based methods of how to initiate a conversation about alcohol and provide an alcohol intervention that could act as an early intervention to reduce an individual's progression into harmful drinking. Training sessions were currently being rolled out through delivery in staff settings to whole teams, in order for training to be tailored to staff groups, with time to address potential challenges that the delivery of brief interventions may hold. The training session was approximately 2 hours long, but could be adapted to meet the needs of the setting it was delivered in. A train the trainer model could be delivered.

It was considered that everyone was suitable for the training and partners were asked to support its roll out of teams and services Brief interventions did not take the place of specialist support services.

The Partnership discussed potential organisations that should receive the training and these included

- Harbour
- University Staff
- College Staff

- Housing Staff and a range of other Council Teams.
- Tees Active
- Thirteen
- GP Surgery Staff including GPs. The training could be adapted and tailored , perhaps a hour session, over the lunch period. It was suggested that the initiative could link into the GP Registrar training Scheme.

It was important that as many work places as possible had the training to produce the biggest impact.

Discussion continued and that discussion could be summarised as follows:

- Normalisation of alcohol misuse.
- Many of the Borough's Town Centre pubs had changed their offer in a very positive way and this offer centred around real ale, the family and community. There may be an opportunity to work with those hostelrys and for them to attract more customers whilst encouraging a reduction in alcohol misuse, which was usually most prevalent in the home. A discussion around this would take place outside the meeting.
- it would be important not to just sell the scare factor but also to really push the positives.
- there was an opportunity to do something that intuition and expertise told us would work and to then produce an evidence base.
- this approach would most likely show benefits by stopping the number of people moving into the harmful/hazardous drinking behaviour, so would be a long term benefit. It was accepted that a different approach was needed for particularly heavy drinkers. Life line was the specialist service which provided interventions for alcohol dependant drinkers.
- it was agreed that this could be an area that the Fire Brigade could help with as part of its Safe and Healthy Visit.
- Licensing approach - Gemma to speak with Simon Mills outside the meeting about this.

RESOLVED that the information and discussion be noted and actioned where appropriate.

## **5 Director of Public Health's Annual Report**

Members considered the Director of Public Health's Annual Report for 2014/15. The report built on the previous one and the theme of health inequalities underpinned it. The focus of this report, however, was the life course and included information and a key recommendation for each of the following areas:

Pregnancy  
Age 0 -3

Nursery and Primary School Ages  
Children and Young People  
Adults  
Alcohol  
Cardio Vascular Disease  
Smoking  
Better Health and Work  
The elderly but also anyone vulnerable to living in a cold home

The Director presented his report to the Partnership and referred to the following recommendations in particular:

- ensuring the best advice and support was provided to pregnant women to ensure a healthy pregnancy.
- spread the message that fizzy drinks should be a rare treat for children. Such drinks should not be available in any educational establishment.
- improve the delivery of Health Checks programme.
- help people to stop smoking. Partners who wanted to do any work on this were encouraged to contact the Public Health Team.
- continue the healthier workplaces scheme.
- everyone walks 30 minutes a day.
- evaluate the impact of cladding homes in the Borough
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RESOLVED that the report be noted.

## **6 Action Tracker**

Members noted its Action Tracker and the following update were provided :

Health of the Homeless:

A meeting had been arranged to initially look at smoking cessation but other areas would include alcohol and mental health. Other partners indicated their wish to be involved in discussions: Jane Edmonds (Housing), Jane King (TEWV), Helen Neal(Thirteen), Library Service (via Reuben Kench).

Green Infrastructure Plan:

Initial meeting between Mandy Mackinnon, Neil Russell and Graham Clinghan.

It was noted that discussions would look at aligning the Sports and Active Leisure Strategy and the Green Infrastructure Plan from the point of view of having a positive impact on Health and Wellbeing.

RESOLVED that the updated Tracker be noted.

## **7 Forward Plan**

Members noted the Forward Plan and members were encouraged to bring items to the Partnership.