

Joint Health & Wellbeing Strategy Stockton-on-Tees

July Health and Wellbeing Board meeting

July 2024

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Purpose: This will be a **final check in** with the Board before completing the last phase of the strategy development process.

Recommendations for the Board:

- Agree on the proposed (refined) approach and theme of the new Strategy
- Review and agree on the last phase (process steps) and timelines to completion
- Review and comment on key sections of the Strategy already drafted

The approach – for Board approval

Following the last Board strategy workshop, the approach for this new strategy has been refined.

Proposed approach (refined)

1. More than a document in isolation: We are developing a system wide strategic approach, more coordinated, delivered through a joint delivery plan with stronger oversight from the Health and Wellbeing Board.

- The core deliverables:
 - **A Health and Wellbeing Strategy**
 - **A joint delivery plan, outcomes framework and dashboard**
 - **Strengthened coordination mechanism to deliver on the Strategy**
 - **Better performance monitoring system for the Board to assume its oversight responsibility**

The approach – for Board approval

Proposed approach (refined)

2. Added value of this strategy:

- We recognise there are a plethora of existing strategies, actions plans that all in some way are contributing to improving the health of residents in Stockton.
- **The added value of this strategy is to have one document that recognises and connects relevant ambitions and commitments across the Council, partners and broader system that contribute to a common set of priority areas to improve health and wellbeing.**
- Therefore, we have reviewed all relevant existing strategies and plans, and in the process of consulting across the Council and partners.

The approach – for Board approval

Proposed approach (refined)

3. Language matters: The strategy document needs to be accessible to residents of Stockton. Accessible in terms of language and readability, minimal use of jargon and attention to words that may be sensitive or triggering.

Rather than comprehensive (given timescales), we will ask a few groups and colleagues to specifically review the language and offer advice for improvements.

- We will ask the members of the Making it Real Board to review and offer any advice.
- Healthwatch colleagues and their Board have agreed to review.
- We are in discussions whether Bright Minds, Big Futures would consider reviewing.

Core deliverables – for Board approval

Health and Wellbeing Strategy	<ul style="list-style-type: none">• A short, succinct document.• At the level of high-level ambitions and commitments.• Language that is accessible for the general public.
Joint Delivery plan	<ul style="list-style-type: none">• Year on year detailed plan.• Clear objectives, activities, timelines and responsibility.
Outcomes framework and Dashboard	<ul style="list-style-type: none">• A set of high-level outcomes and process milestones that can be monitored over time.
Strengthened coordination mechanism to deliver on the Strategy	<ul style="list-style-type: none">• Dedicated coordination capacity to follow the delivery plan and connect the various existing strategies, plans, partnerships and committees.
Better performance monitoring system for the Board to assume its oversight responsibility	<ul style="list-style-type: none">• Develop a RAG rated system to monitor progress.• Forward planning of the Board aligned to ongoing oversight of the Strategy.

Timelines for last phase – for Board approval

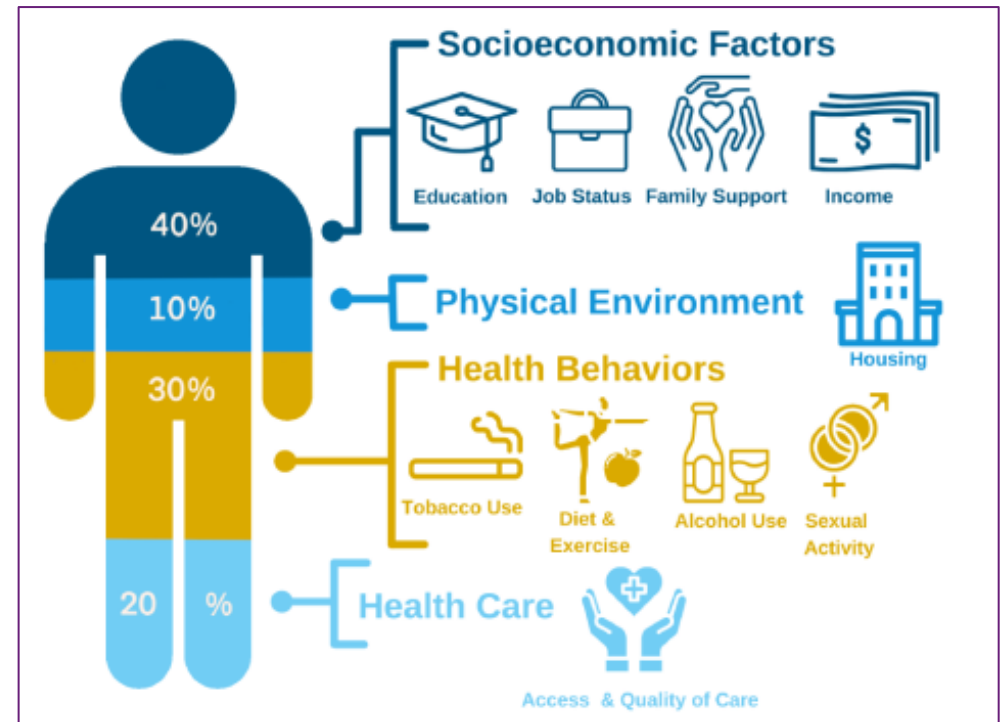
<p>August</p>	<ul style="list-style-type: none"> • Finalise draft of the strategy • Final consultations – across relevant Council departments and partners • On shaping the language <ul style="list-style-type: none"> • Consult with the Making it Real Board • Consult with Bright Minds, Big Future (to be confirmed) • Health watch colleagues and Board • Discuss and agree overall document format with comms colleagues
<p>September HWB meeting</p>	<ul style="list-style-type: none"> • Board to review and approve the Health and Wellbeing Strategy
<p>October and November</p>	<ul style="list-style-type: none"> • Develop the Delivery Plan, Outcomes framework and metrics for a dashboard • Board development sessions: <ul style="list-style-type: none"> • Agree monitoring and oversight system for the Board and aligned with the forward plan for 2025 • Potentially review composition of the Board and need to review the oversight function of the Board vis a vis other existing steering groups, committees and partnership groups • Put in place the coordination mechanism to deliver on the strategy
<p>December HWB meeting</p>	<ul style="list-style-type: none"> • Board to review and approve the Delivery Plan, outcomes framework • Board to conclude on the monitoring and oversight system, to start in 2025 • Forward plan for 2025 developed and aligned with the oversight for the Strategy and delivery plan

The theme of the SP – For Board approval

Supporting local action on the building blocks of health

- Renew our focus on the wider determinants
- Research studies show that 50% of a person's health and wellbeing is determined by their education, employment, income, physical environment – the building blocks of health.

What influences a person's health and wellbeing?



The theme of the SP – For Board approval

5 key enablers – systematically applied

- **Health is everybody's business:** Health in all policies – a whole system approach
- **Communities at the centre:** Strong empowered communities
- **Commit to prevention and early intervention:** Through a life course approach
- **Levelling the playing field:** Leave no one behind (communities and inclusion groups)
- **Placed based approach:** Population intervention triangle framework

Ways of working

Given the challenging environment – We need to be smarter with how we work and use resources

- **Bang for our buck** – Greatest impact based on evidence
- **The whole is greater than the sum of the parts** – Better coordinated
- **Creative and taking measured risks** – Brave to pilot new ideas and test scalability
- **Open to challenge** – Systematic about reviewing what's working, what's not and changing tract
- **Meet expectations** – A clear and consistent approach to co-production and community engagement

Ensuring systematic application of the 5 enablers

As part of the Board's role to monitor progress on the delivery plan – these are 5 scrutiny questions that the Board should routinely ask during performance review sessions

1. Is it having its intended impact? If not, do we need to re-evaluate?

2. Can we demonstrate we are contributing to reducing health inequalities?

3. Can we demonstrate meaningful community engagement and taking opportunities for co-production ?

4. Are we taking opportunities to be more joined up or integrated?

5. Are we taking opportunities to maximise positive health benefits for people?

New Strategy – Structure and proposed chapters

- **Foreword**
 - **Introduction**
 - What is the HW Board – role, responsibilities and composition
 - Broader system – key structures and partners
 - **Theme of the Strategy, key enablers and ways of working**
 - **What does the data tell us about the health of Stockton residents?**
 - **What are the communities telling us?**
 - **4 focus areas**
 - Narrative (why is this important)
 - Set of high-level commitments
 - **What will the monitoring and accountability system look like for Strategy implementation**
- * Overall length of document = around 20 pages

New Strategy – 4 focus areas

- **All children and families have the best start in life**
- **Everyone has a healthy standard of living**
- **Everyone lives in healthy and sustainable places and communities**
- **Everyone lives long and healthy lives**

1: All children and families have the best start in life – work in progress....

A good start in life is fundamental to children's and young people's lifelong health and wellbeing and future life chances. Good care before conception and during pregnancy, the right support during early years, through to school and transition to adulthood, gives a child the best chance to maximise their potential and lifelong health outcomes.

Commitments

- **Early years:** Children and families are supported to develop a child's early speech, language and communication and provide a positive home learning environment.
- **Mental health and wellbeing:** to be drafted (pending consultation with the integrated mental health steering group)
- **Inclusive:** Children with Special Educational Needs and Disabilities have their needs met and Stockton on Tees is a borough where all children and young people are included regardless of their need, background or vulnerability.

1. All children and families have the best start in life – work in progress....

Commitments

- **Early intervention:** Children, young people and their families have access to support as early as possible to prevent problems from escalating.
- **Corporate parenting:** Children in our Care and Care Experienced Young People are supported to enable them to achieve their full potential.
- **Safe from harm:** Children and young people are safe from harm and safe in their communities, protected from bullying, neglect and abuse in the home, online and in the community.
- **Transition:** Ensure there is a joined-up pathway that fully supports young people in their transition to adulthood.

2. Everyone has a healthy standard of living - work in progress....

There is well established link between the money and resources someone has and their mental and physical health and wellbeing. People with the lowest levels of income, at risk or in poverty (not having enough to live on, even for the basic essentials) have the greatest risk of poor mental and physical health and wellbeing.

We also know been in employment can have a positive impact on health, resilience and wellbeing, but it must be good employment. This means fairly paid, a supportive and safe work environment and where people can develop and grow.

Commitments

- **Healthy workplace:** We will make Stockton-on-Tees a recognised place of good work and fair pay. As many employers as possible offering safe and supportive workplaces, that promotes and support staff health and wellbeing.
- **Addressing inequality:** We will provide support for skills, education and training to give people better chances to access the job opportunities available. We will focus efforts on communities that have more prevalent issues with lower skills and lower wages, as well as people facing barriers, such as those living with a disability or those with long term health conditions.

2. Everyone has a healthy standard of living - work in progress....

Commitments

- **Poverty:** We will work to tackle the contributing causes as well as providing direct support, advice and information to people, families, households directly affected by poverty.
- **Equality and poverty impact assessments:** As a Council we will ensure that our policies, practices, and decision-making processes are fair, do not present barriers to disadvantaged and protected groups and those affected by poverty. This will be supported through the systematic use of equality and poverty impact assessments.
- **Food insecurity:** We will ensure people and households who face food insecurity (when people don't have enough to eat and don't know where their next meal will come from) are able to access nutritious food while working to address the underlying causes of food poverty.

3. Everyone lives in healthy and sustainable places and communities - work in progress....

The places where we live (our homes and neighbourhoods), the communities we are part of, the natural environment, how we travel; all have a substantial impact on mental and physical health and wellbeing. Healthy and sustainable places and communities have common traits; where people feel included and safe, strong social interactions and cohesion and active and healthy behaviours are facilitated for people of all ages.

Commitments

- **Green space:** Accessible and attractive parks, nature reserves, amenity green space and green corridors that more people of all abilities and ages want to use and enjoy keeping active (walking, running, children's play, formal and informal sport).
- **Active travel:** We will reduce the barriers that stop people from choosing to travel actively to schools, colleges and work. Delivering improvements in walking, wheeling and cycling infrastructure that will support active travel for people of all abilities and ages.

3. Everyone lives in healthy and sustainable places and communities - work in progress....

Commitments

- **Food environment:** Stockton-on-Tees has a healthier food environment where good food is easily accessible, affordable and which meets diverse cultural and nutritional needs. Healthy food should not be a luxury, and therefore everyone should be able to eat healthily every day, no matter who they are, what they do or where they live.
- **Air quality:** We will reduce air pollution by working with partnerships and networks to influence policy and planning decisions. Increase awareness by providing education on the health impacts of poor air quality and promoting behaviours that improve air quality, with a particular focus on areas and communities that experience the worst air quality.
- **Domestic abuse:** We want everyone living or working in Stockton-on-Tees to feel safe, supported and protected from domestic abuse, regardless of their age, sex, gender, sexuality, disability, socio-economic status, faith or background.

3. Everyone lives in healthy and sustainable places and communities - work in progress....

Commitments

- **Community resilience:** We will work with communities to strengthen resilience through evidence-based public health initiatives, fostering community networks and supporting education on emergency preparedness, including the health and environmental effects of the climate change emergency as well as future pandemics. Communities most likely to be negatively impacted will be prioritised.
- **VCSE:** We will continue to support and work with a vibrant and growing voluntary, community & social enterprise sector (VCSE) in Stockton-on-Tees.
- **Co-production:** We will have a clear and consistent approach to co-production with communities and take all opportunities to embed this into practice. Whilst, respecting the rights of local communities to get involved as much or as little as they are able or wish to.
- **Social isolation and loneliness:** we will work together with communities to tackle the contributing causes, encourage and facilitate more ways to connect within the community, as well as providing support for people at greatest risk or impacted.

4. Everyone lives long and healthy lives - work in progress....

Commitments

- **Independence:** We will provide the right support at the right time to people to prevent, reduce or delay the need for ongoing support and maximise their independence.
- **Vaccinations:** We will support and promote vaccination programmes to prevent serious illness caused by communicable diseases. Through partnerships and networks with the NHS, UK Health Security Agency and community organisations, we will improve vaccination uptake, with a focus on communities with greater barriers to access.
- **Screening:** We want all residents of Stockton-on-Tees to be able to access all available screening for circulatory disease, respiratory disease and cancers.
- **Smoking:** We will reduce the number of people smoking across all communities, whilst providing focused support for people with low incomes, living with mental illness and pregnant women.

4. Everyone lives long and healthy lives - work in progress....

Commitments

- **Alcohol related harm:** We will reduce alcohol related harm in Stockton-on-Tees whilst ensuring that alcohol can be enjoyed responsibly.
- **Drug related harm:** We will reduce the number of people using drugs through primary prevention initiatives and tackling the drivers contributing to drug misuse. We will treat addiction as a health condition, breaking down stigma, and ensuring early help and treatment to reduce drug related harm.
- **Complex and multiple needs:** For people experiencing complex and multiple needs, we will look for all opportunities to better coordinate and deliver holistic support and care, rather than siloed.
- **Mental Health:** To be drafted (pending consultation with the integrated mental health steering group)